SCIENTOLOGY

LOOK

DON'T THINK

L. RON HUBBARD LECTURES

PHILADELPHIA CONGRESS 1953

But

SELF-DETERMINISM AND REASON

Reason, the ability to extrapolate, is hand-in-glove with self-determinism. As soon as an individual feels that he has a right to reason, to extrapolate on data, he will do so. As his right to reason is inhibited, his self-determinism is inhibited in direct ratio. As self-determinism is inhibited, not only does he feel that he has no right to move where he wishes or do what he wishes, but he feels that he cannot use the data he observes. The rehabilitation of a person's self-determinism is the rehabilitation of his ability to reason. They are almost the same thing. His ability to move and act at his own command approximates his ability to reason at his own will on his own data. Processing is not getting data out of the preclear; it is not assembling his life for him as a complete, consecutive play--it is increasing his self-determinism and his right to reason. A man whose self-determinism has been three-quarters rehabilitated may still have arthritis which hurts, but the auditor has done a good job. But if the arthritis is gone and self-determinism is diminished, the auditor had done a bad job.

From a Lecture by

L. RON HUBBARD

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"L O O K! D O N ' T T H I N K"

HUBBARD PHILADELPHIA CONGRESS LECTURES

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LECTURE #1-

THE HISTORY AND DEVELOPMENT OF DIANETICS AND SCIENTOLOGY

The purpose of this congress is to put into your hands a simplicity with which you can achieve maximal effect. To clarify the material.

The texts for these lectures are "This is Scientology" in "The Journal of Scientology" Issue 16-G and "The Professional Auditor's Bulletin #7" containing "Six Steps to Better Beingness."

Mr. Hubbard went rapidly over the history and development to show that the changes that have been made in theory and techniques had a reason and to unstick a few people from the time track.

He came out of his ivory tower as a fiction writer into the American scene: Which turned out to be a Roman Arena.

This is a LOVE - HATE universe. You start out LOVING EVERYBODY and end up HATING EVERYBODY. That's the train of cycle. By the time you hate everybody you are good and solid; and that's MEST (matter, energy, space, and time - the material universe) And you're MATTER then.

The whole past in DIANETICS and SCIENTOLOGY has actually been sort of a social experiment by which one tried to find out the channel and level of understanding and the optimum techniques for the use of homo-sapiens.

The social experiment was what was important and the effort to keep going with investigation and to keep learning from what was happening.

We have learned what it takes to bring homo-sapiens up the tone scale.

ACCEPTANCE LEVEL PROCESSING

HOW TO ESTABLISH THE ACCEPTANCE LEVEL OF A PRE-CLEAR

"Acceptance level processing" shows us where homo-sapiens are on the tone scale. (A gradient scale of well-being.) This is a variation of expanded GITA (Give and Take) processing. You take the GITA list from 16-G and have the P.C. (Pre-Clear) mockup (create an immaginary scene) in brackets (P.C. mockup for himself, another person mockup for himself, others mockup for others, others mockup for P.C., P.C. mockup for others) what is acceptable to the P.C. You will find out that that which is acceptable (which the P.C. desires) with even an occluded case will, when mocked-up, go into the bank (storage place for memories) with a "CRASH!"

Something which is really acceptable to him will disappear by collapsing into the bank with great speed. The P.C. will smile, act as if he is enjoying it, or laugh.

The acceptance level of society at large was also being studied and determined. If one knew this level the need could be filled and one could reap a fortune. The snap acceptance level of the public is far lower than anyone has suspected.

As soon as you know the acceptance level of a person, anything that is a problem to you about this person - parents, spouses, children, friends, bosses, neighbors, co-workers, etc. - ceases to be a problem.

The acceptance level of the general public can be determined by the people they associate with. A therapist will not associate with another person above his own acceptance level because he would have to shift his acceptance level to do so.

You can establish this level for any profession or any entertainment with great ease. The result may be shocking to you.

Until several months ago we had no technique that could be placed in the hands of an individual that would do NO damage if misused or that could do all the GOOD that could be done in this universe if properly used.

Techniques he produced in the past were often radically changed in use and application by the time they got into the hands of the public. Now he has produced techniques that are so basic that they retain their validity even when they get out to the 15th. hand.

SUMMARY

Today the entire of processing can be summed up in a sentence. DON'T THINK!! LOOK!!! THAT'S ALL THERE IS TO SCIENTOLOGY!

Not looking at the lower stage is where the person not only doesn't DARE look, they DON'T DARE THINK about what's to be THOUGHT ABOUT, can't COMMUNICATE about what's to be COMMUNICATED ABOUT.

GRADIENT SCALE OF "DON'T LOOK"

1. Think about it first, then look. (Reason for road maps; - they tell you all about it before you get there.) The OCCLUDED CASE has to KNOW before he GOES. He has to THINK about it before he can BE. He's so busy THINKING, - he never IS.

2. Not just thinking about it before you go, but setting up the problem before you think about it. Then you accumulate data which is preferably not related to it. If you accumulate enough data it will impress somebody. (That's science.)

3. Next, we have the person who is worried about having to set up the problem before they think about it. (This is getting towards 'normal.')

4. Then we have the person who doesn't DARE worry. If he worried he'd have to set up the problem. If he set up the problem he'd THINK about it. Then if he THOUGHT about it HARD ENOUGH he MIGHT EVEN LOOK. People with glasses expect the glasses to do all the looking.

FEELING IS CONDENSED LOOKING. If you just shorten up the time span of a glance you will get waves jamming up close enough together to produce feeling. LOOKING PRODUCES SENSATIONS.

Therapies that wipe out the past ended with DIANETICS. DIANETICS is an alteration of energy patterns of the past. We discovered that by very carefully tracing the pattern of life's behavior in this universe we could find out what life was trying to do here. By finding out what it was trying to do and how it was doing it we would obtain a process that would be intensely workable; that could get out to the 15th. hand without going too far wrong. This is because the vectors of existance would be so consistant with the process itself, that life itself would hold the process true to itself. The whole beingness is enlisted as a police force.

The history of DIANETICS and SCIENTOLOGY is not just the history of a man or organizations as many people conceive it to be.

"This isn't a history of me. (Hubbard). I have nothing to do with this as far as a life cycle is concerned because this would have eventually happened somewhere. I don't know, maybe I made it happen a couple of months earlier. But the point is, sooner or later, life itself would have gotten fed up with its deterioration in

this universe and would have made a wild line rush to come up. Sooner or later this inevitably would happen. As I say, maybe I just speeded it up a little bit."

We have a process that in itself delivers into the hands of a person being processed a knowledge of existance. The best way to do research is to be processed. It's much better to have the formula of KNOWING HOW TO KNOW than the data which is to be known.

There is a common factor in all language and rhythm that is recognized by every mind no matter WHERE and HOW it is trained.

CYCLES

In the past, the cycle was training, discipline, punishment. This led to a dwindling spiral.

We were dealing with restriction every time we dealt with the mind. We got a closer and closer restriction of the mind, limitation of its liberty, limitation of its general freedom and so we uniformly got the cycle of the MEST universe; the cycle is: - Birth, Growth, Decay, Death. Cycle of creation and destruction. Evolution of a match is the same cycle: - Birth of fire, growth of fire, dwindling of fire, and banishment of fire.

The history and development of DIANETICS and SCIENTOLOGY is a natural evolution of at least some part of life getting fed up with running the same cycle.

THE CONTEST

The MEST universe is explicitly designed as a trap which goes from the cycle of greatness to nothing. This is exactly backwards to the direction life tries to go. Life is fighting a contest with this universe by trying to turn the cycle around. Yet life becomes so beaten it starts going down stream. Every once in awhile it makes a faint or strong effort to go upstream.

Life at large has an enormous urge toward cooperation, love, goodness, mercy, ethics, justice, and other things which are pretty hard to find. It evidentally has a large inherent amount of these things.

It comes up against a formation as a structure which says, "force, viciousness, brutality, uncaringness, individuality in terms of heavy mass, empty space."

Part of life could be said to operate on a beaten level. It agrees that love and justice are bad things and that force and brutality are good things. On so agreeing, it becomes a part of the MEST universe. On the other hand, life fighting back against this, trying to uphold a normal ethical level, has a pretty hard struggle.

We are living in a society that had decided to have force and brutality around. They will agree that justice and love are good; - "But are they attainable?"

This is the main contest, the story and the history of DIANETICS and SCIENTOLOGY. It is simply the HISTORY OF LIFE TRYING TO TURN AROUND AND GO UPSTREAM AGAIN.

LECTURE #2

ELEMENTS OF THE PROBLEM AND SOLUTION OF THE PROBLEM

The problem itself consists of the apparent discrepancies and continuous disappointments between the evident desires of life and the things which occur to life in this universe.

Life says it is doing this or that and winds up with the reverse. This makes a paradox, an inigma.

We hear on every hand that there should be ethics, that people should love one another, that society itself should be just and fair. Yet on every hand one sees betrayal, dishonesty, war, idiocies in general; - injustice. Courts of law seem to be based on the buying power of the individual.

Life is not doing what it says it is doing in this universe. OVER and OVER GOVERNMENTS betray their people. Governments say, "All will be better." and then enslave them.

So SOMETHING is WRONG!!! We have found what it is. A being which is immortal and which CANNOT do ANYTHING BUT SURVIVE is made to FIGHT LIKE MAD because it is AFRAID IT CAN'T. He THINKS he is trying to survive against obstacles of the MEST universe, BUT he is SUCCUMBING all over the place.

Trying to force, whip, beat, and nag something into surviving when it CAN'T do ANYTHING ELSE. This makes a dreadful conflict and a logical mess out of everything. EVERYONE IS HIDING THIS FACT FROM HIMSELF!!! One can survive at different levels - live at different levels. When a society becomes entirely too intense on the business of surviving it gets very, very unhappy. It gets worse and worse. Its level of survival and interest in living decreases markedly.

Our goal is to reach up to a level where people can be a bit happier and freer not just the goal of making somebody survive: Because he can't do anything else.

By duress you can make someone insane. That's the ONLY nonsurvival thing that Thota life can do. GO MAD!!! THIS is the FINAL ANSWER. INSANITY comes about when a person can't destroy himself in any other way. He becomes insane: Unconcious, unknowing. THAT'S the ONE thing that can happen to life. No way up, but a way down. He can't survive as homo-sapiens. The basic knowledge hidden from EVERYONE (even oneself) is that he can't do anything BUT SURVIVE: Because that's too horrible to face. So he says he must survive as the answer. These two don't equate and so drives one into the franticness of delivering cruel punishment, injustice, betrayal, destruction, and misery as a revolt against an untruth: That one has to work very, very hard to survive when one can't really do anything else. So we get terrible discrepancies. A P.C. is afraid of surviving, but he can't do anything else. The way to survive is to succumb. The way to succumb is to survive. The philosophy of "Let's succumb. Let's not live." is an impossible one. "We'll pretend we're unconcious enough so we can pretend we're dead even though we're living." The UNCONCIOUS don't KNOW they are surviving.

TECHNIQUE:

Feed your P.C. in mockup form, in brackets, anosthetics, morphine, anything that will induce unconciousness. First waste it till he can have it, then accept it until he has enough to satiate craving. You will find he will finally be able to have things that make him unconcious. For example, an ocean full of beer. All space full of phenobarbital, etc..

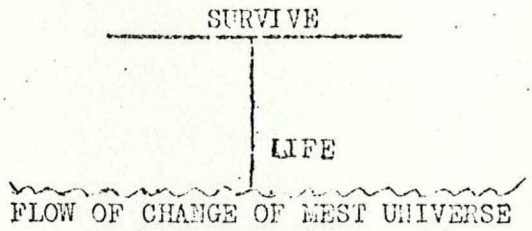
COMMUNICATION DEPENDS ON A GREATER AWARENESS AND THE ABILITY TO PUT OUT FURTHER SPACE. Take someone who's entire being is tied up in being unconcious so he won't

survive and he will resist having more space because this will make him survive. The fellow who buys the law of conservation of energy is in bad shape because he is then unable to destroy energy (his facsimiles, etc.).

You can't understand life by understanding the behavior of the MEST universe. It doesn't work out. We are involved with studying something which is nothing in the MEST universe.

THE ELEMENTS OF THIS UNIVERSE:

TIME
SPACE
ENERGY
MATHEMATICS
ZERO
LIFE FUNCTION
BEHAVIOR



TIME: - Is a CHANGE in SPACE.

People will tell you the future is down low and to the right in this society - because the future in any book is low and over to the right side. We read from left to right. Into the future. TIME HAS NO LOCATION. But if you could consider the MEST universe as coordinated in its motions and these motions merely continuing; and if you could conceive of LIFE not as a flowing mass or energy - but as a SORT OF POINTER which hung over this change of motion, you would get the above picture.

Life has a coordinated viewpoint on the flow of change of the MEST universe. LIFE STANDS STILL AND OBSERVES THIS CHANGE. Instead of looking at it in reverse, life is the one thing that can mobilize MEST. Because of this one tends to have a concept of life as something that moves in any direction. It changes in its atomic structure and particle structure. It's just this consistent interchange. As it changes, life observes these changes and then life measures this as change and doesn't move in space.

SPACE: - A VIEWPOINT OF DIMENSION.

Life can make a static space with great ease. We aren't living in static space in this universe. New space is created at a rate of 1/c in the MEST universe. (c represents the speed of light.) This gives apparent motion of anchor points in a consecutive and continuous line. We have a constant creation of brand new space all the time. New space because you have a change of particles in light. These are the most fluent particles which we observe in this universe and are traveling at a certain speed.

AT EACH NEW POSITION OF LIGHT PARTICLES THEY ARE A NEW ANCHOR POINT.

They assume a new position at a very high rate of speed - measured by themselves with light viewing it.

EACH PARTICLE CREATES NEW SPACE EACH TIME THERE IS A NEW RELATIVE POSITION AMONG THE PARTICLES.

We then see that new space is being created at the rate each particle is moving. Hence, NEW space is PROPORTIONAL TO the SPEED of LIGHT.

ENERGY: - IS THE FLOW OF PARTICLES.

ENERGY condenses into MATTER. These particles are anchor points. So we get lots of relative spaces rather than a pack of anchor points. We won't say: "We have this space full of anchor points all smashed together making a solid object." We'll say: "THIS OBJECT IS A BUNCH OF RELATIVE SPACES."

MATHEMATICS: - IS A SERVO-MECHANISM OF THE HUMAN MIND.

There is NO PROBLEM until there is a HUMAN MIND to CREATE one. A machine never solves a problem except those that are given to it. LEST doesn't THINK! ONLY the HUMAN MIND can CREATE and SOLVE problems. The thing that has the most reasons is the human body. It has a reason for everything. The SURVIVAL of something that CAN'T DIE is the basic problem.

ZERO: - IS A WILD ZERO.

It is a gradient scale. If you speak of PAST or of FUTURE zero you have one that isn't absolute. A REAL ZERO would be one with no absolute location. So ZERO is a WILD VARIABLE IN ALL MATHEMATICS. Life to this universe represented ZERO, but didn't behave like ZERO should. We examined it and found it had no location, wave length, time element, or mass in itself. It is a theoretical absolute ZERO in this universe. This doesn't mean it doesn't have a somethingness elsewhere. It has a nothingness here.

FIRST IDENTIFICATION:

The first thing which a spirit identifies itself with is space. Space has nothing in it so the being thinks he is nothing. From there on after he isn't there.

When a person can't look he has to think. A person who does an awful lot of thinking isn't looking. And the person who does the most thinking is crazy. If we want people to be happy we have to get them to a point where they can look.

We find out astonishing things such as: work is desirable. (Nobody in America would believe that!) Pain, impacts, action of any characteristic are desirable.

How do we find out about these things? We just LOOK! WE HAVE PROCESSES WHICH BRING A PERSON UP FROM THINKING ABOUT IT TO LOOKING AT IT. The second he looks at it, it all blows away. All the clouds and worries and doubts and anxieties which he has vanish. Knowledge is an instinctive truth.

ONE NEVER FIGURED HIMSELF IN ANY DIRECTION BUT DEEPER INTO ANOTHER PROBLEM! Life in its purest sense knows instinctively and pervasively. You don't find out about knowing by thinking. You find out about knowing by being able to look.

The first stage is - you know how to look. Then you become free enough so you know.

One strives so hard against nothing; - fights against it. He tries to convince people life is worth living. If he gets afraid of being afraid this is the only thing he can be afraid of.

The P.C. will go into action once he gets up the tone scale and you won't see him any more.

LECTURE #3

PROCESSING AND ITS GOALS

Processing and its goals have now been codified much more closely than ever before.

Sometimes auditors have qualms about freeing the mind of an individual who is a criminal or one who has criminal potentials. "What if I free this person? Will he just go out and shoot more people than before?" Until a person sees this clearly there always will be this question.

Is there any use in setting somebody free? Many auditors seem incapable of really letting a P.C. go. Many of them will bring the P.C. up to a certain point and then immediately start to run techniques which won't send him any further. They get up to a point where he is free and then they think that setting him just a little bit freer will make a superior wolf.

In processing, our goal is freedom. The only thing wrong with individuals is their restrictions.

But what happens if you go to the complete limit of freedom? Freedom would be restriction and we'd have to define what was restricting life.

Life is actually being restricted by MEST and it believes that it is being restricted by life. And life, dramatizing the restrictions of MEST, turns around and restricts life; which is antipathetic to the survival of all life. THAT'S NOT GOOD!!!

Life, in order to learn about MEST, approximates and imitates MEST. MEST is quite restrictive, quite forceful. It's made out of force. So we get this imitation which comes back into life and then life restricts life.

It would only be in such a way that parents desiring the very best for their children would do the things to their children that they do. They do these things in the belief that they are preparing the child for life; for better living.

THIS ISN'T TRUE. Life itself (existence in the MEST universe) has a heavy enough hand on a human being without adding and complimenting that heavy hand with a parental hand.

When the parent steps in to compound the injury that the MEST universe can do, the individual is forced to stand alone. He feels himself defied now on all fronts with no refuge. The moment he does this he starts down scale and he becomes essentially MEST - which is "THE ONLY ONE."

He runs this computation deeper and deeper and deeper and worse and worse and worse until he practically is the none one. THIS IS MAINLY WHAT IS WRONG WITH YOUR P.C.

He's the only one who can do it and the only one who can't do it. He is the single identity which itself must face up to the entire existence. He conceives it is "I" against "they" - with "they" being collectively unified and working together against "I". (himself)

Yet all the people in a down scale culture think the same thing.

This presents the rather funny picture of every fragment supposing itself to be the only fragment and that all other fragments are collected and unified.

Out of this sad picture we get anxiety because "I" doesn't consider that he will be permitted to be happy. They aren't happy and he has to agree with them because their collective mass is much greater than his individual mass - so he naturally feels he is succumbing.

The truth of the matter is there is no unified body of "theys": each individual is hoping the rest will go on accepting him. Each one is convinced if "they" really knew, "they" wouldn't be able to accept him.

Infiltrative sources and agitators work on this instinctively. They will

go to workers and tell each worker how alone he is in the world unless he unites. They will get this mockup of a big unification called the union just so the agitator can act as a parasite on the worker.

Each individual is convinced he is offended and put upon and the only way he can resist this hidden source of force is by unifying against that force. Hence, the whole group is depressed in tone because all of them feel like they are resisting; they HAVE to stay together, and there is an enormous force available. Now to expect such a group to be happy and successful is almost impossible.

MEST UNIVERSE RULE: -

There is a rule of thumb in the MEST universe which tells you at once what a facsimile is.

IF YOU WANT TO TRAP HIM, MAKE HIM RESIST IT. THEN YOU'VE GOT HIM.

A thetan, a life unit, starts resisting something and that thing - if a MEST object - will resist back because it follows, it is following the laws of MEST - which are Newton's laws: inertia, interaction, acceleration.

Life doesn't have to follow those laws, but it starts fighting MEST and it resists MEST and then MEST resists it.

MEST being inanimate and unthoughtful can resist much harder than the individual can resist and the next thing you know the individual has accepted what he has resisted.

If you can get anybody to put up a battle against something he will eventually become the thing he battles. THAT'S A FACSIMILE.

You have a number of units of energy being shot at the environment. This makes a picture just as surely as though you had made a plaster cast of the environment. The plaster particles in this case would be the units of energy shot out by the being.

These units of energy are capable of becoming compact and becoming matter.

A FACSIMILE IS A LIGHT ENERGY CAST OF THE SURFACE ONLY. It doesn't have guts or a back. They sometimes represent patterns of very forceful energy. So the P.C. has the patterns of very forceful energy. This gives the P.C. the idea he is facing the thing when he is only facing a shell of the thing.

Why does one start to take pictures in the first place? At first he makes compact solid pictures for his own amusement. The he starts to make pictures OF things: - He duplicates the force of them. He does this because he's resisting them or because he wants them.

He starts resisting them and does this until he gets the idea this thing is resisting him. Then the vectors turn around. The facsimile starts to collapse on him. Next, this facsimile will accept a duplicate of itself so he feels he wants things just like the facsimile, mostly because the facsimile is an impression of something resisted. The second you turn a resistance around it will pull.

EXAMPLE:

Take a P.C. and get him to look at Grandpa in a facsimile and then just turn the facsimile around and he'll find that there's a communication line there. An energy line. He thinks it's a communication line there but actually it is just a line of force: - RESISTANCE. He has looked at Grandpa and resisted Grandpa often enough that these lines of resistance have become very heavy. You get the strange picture of the child who has to have an ally he HATES!!!

It is just a matter of whether or not the facsimile is a collapsed line or still an extended line. He's resisted and resisted and resisted until he gets to the point of complete resistance. And this point is an utter breakdown of all resistance.

This results in an energy deposit which itself has attractive force, just like gravity. Thus he has an energy deposit called "Aunt Bessie." This will pick up other things like it and you get associative reasoning. It's built on resistance.

Things resisted him, he resists those things and that thing which has resisted him harder than he resisted it collapses on him. BUT HE IS DOING ALL THE RESISTING! - Yet his PICTURE is something resisting harder than he resisted it - and

He THINKS it's still there. Therefore, he has to accept what it wanted simply because of lines of force involved therein.

DEMONSTRATION OF THIS PHENOMENA:

Put up and stiffen your hand against a wall for a few minutes. Then you take your hand away. Even if you put your hand in your pocket you'll still feel your hand against the wall. This isn't a matter of running the effort of it. Just lean on the wall a little while and then stand back and try not to lean on the wall. Or you can run it that the wall is leaning just that hard against you and, if you're trying to push the wall away that hard, that the wall is trying to push you away that hard. You now have an energy picture of the push of the wall. That energy picture of the push of the wall would become a desire for the wall if it so happened that your pushing against the wall collapsed you against the wall. It is obvious, then, that you couldn't resist the wall. SO IF YOU CAN'T RESIST IT YOU HAVE TO HAVE IT. In such a way the MEST universe gets them going and comming.

When his resistance collapses the thing becomes senior to him. He wants to be it and can't get enough of it. IT WON.

THIS IS THE MECHANISM BACK OF THE WINNING VALENCE. How many P.Cs. have you found who wanted to be or are trying to be some MEST object? If you LOOK for it you'll encounter it every time.

You see if he resisted the MEST object long enough all the force of his resistance for the object would seem to be the object resisting. A person would thus get very mixed up about it all. He's not carrying anything in his bank but his own energy and his own energy forms a picture of those things which have happened to him. There isn't any foreign energy in the bank.

People cave in facsimiles by accusing the individual of pretense of pain. He knows he can help these things and so will carry injuries and ills knowing he has to have them because it was his 'fault'. He did it. Everything that happened he now has in a package which is made exclusively out of his own energy. Others had nothing to do with making his facsimiles. So he accepts blame and is stuck with the facsimile. But it's not somebodies fault that he happened to be sleeping in a bed when the wall caved in. And yet he'll be convinced that it was his fault.

Then an ally will die that he has resisted and fought with a great deal and it will be his immediate assumption that he killed the ally.

EXAMPLE:

Well, if I had just called earlier on the telephone I would have stopped him from leaving the house and therefore he wouldn't have stepped under the truck.

By this silly line of 'logic' one makes oneself cause across the board for bad things. And it isn't even vaguely true.

THIS IS THE FACSIMILE PATTERN:

They resisted the ally - so there are overt acts. The ally resisted them - so there are overt acts. Now, every picture of the ally is being made to substitute for the ally that is missing.

The pictures are their own pictures so the ally is now their person but the ally is now dead so of course it follows out that if the ally is only theirs only they could have caused the death of the ally. This is a conflict of the two universes. This produces guilt.

EXPERIMENT:

This is not difficult to understand in action, but is, perhaps, just a little bit difficult to understand in words. If you just sit down and start to resist the wall with energy beams for awhile you will suddenly see the whole mechanism start

to show up. You'll find out that eventually you'll feel, "Well, it's kind of a nice wall."

BEHAVIOR PATTERN OF A RESISTIVE 5:

He isn't going to move anything, change anything, let anything happen, if he can possibly help it. You'd swear from his conduct that if you moved one hair on his head from one side to the other he'd die!

It is actually difficult to achieve this state of resistance to the MEST universe - this delicate balance. It takes a nice neat calculation to get just the right wave length to get just the right facsimiles.

Yet the individual thinks, "This is all I can do. I can't do anything else. I'm trapped!" He's done it so often he is very used to this wave length.

EXPERIMENT:

To shift your perception of this wave length do the following: Look at a wall and say to yourself very forcefully (get the concept forcefully), "IT'S AN ACTUAL WALL, IT'S REAL AND ACTUAL." Do you note anything happening? What happens to that wall?

You are running only half of the energy flow on it and of course during that moment the wall would tend to fade or disappear. If you hold that concept for a little while using your MEST eyes, it will disappear to your MEST eyes.

Now run the opposite to get yourself out of it. Look straight at that wall and say, "THE WALL'S NOT THERE!" Now what happens to that wall? Does it get more solid? Does it move up to you?

But it's really just like walking a tight rope trying to keep check on time, motion, and these particles. A person, to assist himself in keeping track, can't do anything else but make pictures. But he then says he's doing it to assist himself. He starts to have reasons. He thinks he has to do it and that he can't do it without a crutch.

MEST is rigged with a gravitic pull when it is in solid mass. The person has a picture of the flow of gravity. Man carries pictures of gravitic pull in his MEST body.

DEMONSTRATION:

Have your P.C., while lying down, get the idea in terms of effort and thrust, that he is standing up: Then that he is not standing up. The P.C. will get peculiar flows through his body. He'll find out that when he tries to hold force down he will start feeling like he's going up because he is carrying pictures of gravity.

CONCLUSION:

Life itself is not dependent for its ABILITY TO THINK on FORCE, but it THINKS it's dependent on force.

STIMULUS RESPONSE THOUGHT IS A SOLID SOCK IN THE JAW. AN IMPACT. An IMPACT is a piece of SOLIDITY and the SOLIDITY has a certain GRAVITY COMPONENT and it will compare and match itself to other pieces of solidity in the bank and so currents flow automatically.

Life is capable of thought INDEPENDENT of MEST. But you bang someone around and they will become thoughtful. If not unconcious. Illness is followed by thinking. A person 'learns' from a number of injuries. This is stimulus-response at work. It is one of the behavior patterns of life.

The person who has resistod and ended up wanting things believes he needs

energy. He feels that energy is very limited and must be saved; that labor saving devices are necessity. We have a great civilization that has mechanized itself solely because it 'knows' it doesn't have enough energy to do it itself. And yet, that is insane.

Having something to do gives one an opportunity to create, direct, and control effort; to use direct rather than indirect effort. In this universe that is action motion, enjoyment, life, and sensations. The creation and direction of effort. Look at our society that has as its goal retirement and mechanization to save it effort.

THE COMMON DENOMINATOR OF NEUROSIS AND PSYCHOSIS IS: "CAN'T WORK." "NO EFFORT."

Because when a person no longer creates, directs, and uses energy he is no longer able to keep his facsimiles at bay. So they collapse upon him. They go into restimulation and he only wants the BAD things which he has FORMERLY RESISTED.

If you want to find out whether or not someone in your family was crazy, just find out who it was that couldn't work. If you start processing on that person, more things will turn up than you ever dreamed were there. The person who couldn't work really did you in. He was the most aberrative person in your environment.

These people may go completely unspoted. There was "dear old Aunt Lizzy who never did anything around the house. She was a lady. She never did anything to me." Oh, NO??? Put the P.C. on an E-meter. That's where he got religion, fear of ghosts, noises in the night, and why he can't sleep now without a light in his bedroom!

Such a person uses for their own energy past IMPACTS. They are energy hungry. They get starvation on the subject of energy (any kind of energy) and they can't get enough of it. So they try to eat themselves out of it in the MEST universe. But they can't cure this in MEST because WHAT'S WRONG WITH THEM IS IN THEIR OWN BANK and their own bank ISN'T THE MEST UNIVERSE. They will go through all sorts of gradations of trying to get more energy. They don't care how it's evaluated, what kind it is, where it come from, whose it is. Just so they get MORE ENERGY.

Cleptomania, sexual pervert, etc. are simply that. Trying to get a piece of energy. They will fall under tractors, for instance, surreptitiously trying to acquire sufficient injury in order to have energy.

THE P.C. WHO CAN ONLY THINK OF BAD THINGS - ALL THEIR FACSIMILES ARE BAD. This is because the bad things are the ones that have the impact. They are only bad because everyone said it was bad to get injured and, therefore, he couldn't have pain. But there are blocks of energy and the P.C. is starved for energy and therefore tries to pull in every piece of energy in the whole bank on himself. Especially the heavy pieces, the heavy facsimiles. He didn't want to have that energy at all and resisted having to have exterior energy until that caved in and he felt he had to have energy from exterior sources.

He then packs all the heavy facsimiles from his entire bank around him very solid and drains all the white out of them leaving only the black. THIS IS YOUR RESISTIVE 5.

In an effort to get more impact kids will start a fight that they lose time after time. People will have automobile accidents. Check such a person on the E-meter and you'll find he is energy scarce. He will take vitamins and tablets of all sorts. He will frequently be very careful about his food, careful how many hours he works, or careful he doesn't get tired. He has to sleep. He has to have a rest. He has to save and conserve his energy. THAT'S THE MEST UNIVERSE. SAVE IT AND CONSERVE IT.

PROCESSING AND ITS GOALS

We are handling two things today.

1) Geographical locations of the individual. This will be covered later.
2) A problem of the purest mechanics in the world. ENERGY SCARCITY!!!!!!

We want to get the P.C. in good shape. What is good shape? How can we observe whether or not we have done anything for a P.C.?

CRITERIA OF GOOD SHAPE:-

HAVE WE GOTTEN HIM INTO MORE MOTION THAT HE HIMSELF IS CONTROLLING??? (Not a manic or frantic stage which is a lot of motion that the person isn't controlling.) Is he capable of putting out more work? Does he work? Is he interested in handling effort?

We are not here using the COMMON DEFINITION OF WORK which is: - a crushing, boring, repetitive motion that one must engage in in order to eat. WORK is foot pounds of energy: - creation and direction of energy and effort.

So, will he create and direct more effort? If we havn't made this possible for him obviously we havn't done anything for him.

The best representation of an increase in his ability to handle foot pounds of energy is CHANGING HIS COMMUNICATION CONDITION. If you see an alteration in his communications you have done something for the P.C. If you don't, you have done nothing.

The slowing down of hectic, frantic communications to a point where it is under control is just as much a gain as speeding up slow communication.

Communication includes perception and force. If P.C. starts seeing better, hearing better, talking better, etc. you have achieved your goal.

CHART OF CASE PROGRESS:

Very often a case will improve during a session and then slump. The case improves and then sags a little bit, then improves a lot then sags quite a bit, then improves some more - ALWAYS ON A HIGHER HIGH. This is quite normal in processing. It isn't a smooth upward curve. It's a jumpy one.

How do you tell if the person will work? Look at the rate of response of communication. - COMMUNICATION LAG.

A secretary does 65 - 70 words / minute accurately. This is excellent. Hire her. Don't hire one who does 35 words / minute. A really good secretary would do 80 words / minute consistantly. Ask, "How many years have you been working?" What is the communication lag? If it is long, fire her before you hire her.

A communication lag stays slow because of a SCARCITY OF ENERGY. They can't put out any space because any energy that comes into the space is immediately drawn up into the bank at such rate that the bank collapses. So they don't have any space: - even that which is right in front of them.

COMMUNICATING IN ITS FULLEST SENSE IS THE ONLY THING AN INDIVIDUAL IS PUNISHED FOR IN THE WEST UNIVERSE. Communicating is putting out an anchor point. So you can tell how often this person has been slugged, slapped, and hit by the reluctance he has to putting out an anchor point.

Some people have a tremendous energy creation capacity. These people can take an enormous slugging around without altering their communication level. The energy creation potential may be different for each individual. But there is a similarity among all individuals.

MAKE-BREAK POINTS ON THE TONE SCALE:

1) There is a point above which they create, manufacture, and direct their own energy and below which they depend on energy from exterior sources before they can operate. This make-break line is well above 20.0 on the tone scale because it is above the point where the person begins to eat.

If you want to run shame out of your P.C. just run the shame of having to eat. A being in good shape knows he can create enough energy to run the body. He starts eating when he goes down the tone scale. Eating is stealing somebody else's mock-ups in order to go on living. Shame on eating shows up in the stomach.

As soon as parental behavior around a child - particularly forcing them to eat - is processed out of a child the child not only ceases to have any stomach trouble, but frequently ceases to eat enough to amount to anything at all! This shows a terrific efficiency rise in the child's body: - but is usually "explained."

There is a theoretical point above which eating doesn't exist. A person who was very high toned wouldn't be desiring somebody else's mockups.

2) The second break point below this is where he is no longer capable of producing independent and clear thought. He has to depend for the generation of thought upon former impacts which themselves were storages of energy. Their impact was a certainty and so he relies on the certainty of impacts in order to get his data. Below this break point he only looks for data, not for truth.

GOALS OF PROCESSING:

These are:

Restoration of the ability to create and direct energy.

The rehabilitation of location. (One must have a good sense of location to direct energy.)

The rehabilitation of the ability to make space and to make particles in that space.

The P.C. is in better shape if he's in better communication.

Theta must impact with something and withdraw from it in cycles to operate with and know anything about the interior material of MEST. Hence, THE CYCLE OF LIFE IS: IMPACT, WITHDRAW, IMPACT, WITHDRAW, ETC.

With what we know today we can turn a cycle of theta, where it has gone in just a little bit deep, and bring it back up again with what it knows. Just because it disentangles itself from MEST does NOT mean that it becomes, then, blank and ignorant of MEST. YOU ARE TRYING TO TURN THAT CYCLE, TO PULL P.C. OUT OF IT. You are trying to bring your P.C. past these break points where he is compulsive and obsessive about masses of energy. You know he is no longer compulsive and obsessive about it the moment when he is able to communicate better.

You restore and better the communication of your P.C. (the goal of processing) by remedying mechanically, the scarcity of energy. This is done by contacting the MEST universe, showing he isn't dependent on the body, or by feeding the body - with mockups by the P.C. - enough chunks of energy so the energy is no longer obsessively absent. Scarcity of energy is cured either way: by showing him there's an awful lot there or an awful lot here.

THE MOST FAVORABLE PROCESSES

An auditor using the techniques we are now using would find all the techniques we have used in the last 3 years.

The MEST universe specializes in data. We are interested in results. A collection of data is only an examination of the past. We are interested in predicting the future. The best way to predict the future is to MAKE IT.

The only time in the past when you've ever thought hard was when you didn't have or thought you didn't have enough force, energy, MEST, ability, or skill to overcome the opposition with which you believed yourself to be faced. Then you started to THINK.

Force is substitute for a complete pervasion. It is the first entrance into randomity. Below force is thinking and figuring. So we have the paradox called man.

AN INSUFFICIENCY OF ENERGY TO OVERCOME FUTURE OBSTACLES MAKES MAN REACT AS HE DOES TO PRESENT TIME SITUATIONS. This is reflected by an inability to accept something offered because he "Can't have it." Why can't he have it? INSUFFICIENCY OF SUPPLY!!! "Got to do it and can't."

This is stimulus-response. Not reasonable. He will feel he has an insufficiency of supply no matter how much you give him.

The reactive mind borrows energy from other sources. It doesn't manufacture it. Its motion can be reduced but not increased in terms of Theta.

THETAN = "I." That is what you are. The person who says, "My thetan thinks." is speaking out of his reactive mind. The reactive mind is very hungry for energy. It soaks up the little energy of reasonability and creativity put out by a person. When a person is 3 feet back of his body he can put out a little energy. Count on it being soaked up. Farther away he can create more energy without it being soaked up. Farther away he can think a thought without having it disappear.

P.C. WHO DOESN'T THINK HE CAN MAKE A MOCKUP:

Mockups are chambers of energy that are soaked up so fast that the P.C. didn't even know they were there. So just keep him making mockups. Finally, enough energy will be fed into the bank by these mockups that he will be able to see them. He is starved for energy. He specializes in inflow and betrayal - because this slams in anchor points and he will do anything to slam in anchor points.

The Thetan has a reactive mind of his own which is all the bric-a-brack he is carrying around.

Many people have gone down tone scale immediately following an electronic explosion which occured after an operation. They will have trouble remembering the exact symptom when they started to go down hill since it was a dispersal. They may recall that three days after the operation they awoke in the middle of the night with a blinding flash in their stomach.

The easiest way to get people to recall these things is to just have them start mocking up explosions. As he mocksup explosions all the data about explosions will eventually come into his posession.

All we have to do is feed the reactive mind energy and it will stop this think, think, think and start straightening out.

Energy is a somethingness. The somethingness has to have a nothingness around it. If you start feeding the reactive mind lots of space you reduce the havingness of the P.C. This will evaporate the energy he has and as you feed him more and more space you will come down to where he has identified himself with nothing. This is because the Thetan's first contact with the MEST universe is space; and space is nothing.

You could perhaps run out the idea that he was nothing by running out space with "Q. and A." (see below)

ENERGY IS REAL CANDY TO A THETAN.

You will find some cases that it is almost impossible to run anything on except a concept. This is because the concept will keep chewing up the energy and converting the energy without wasting it.

So the thing to do is to restore a lot of HAVINGNESS to the P.C. by the form of mockups. You give him havingness.

The reason you go on this cycle of returning his havingness is because the only thing that is wrong with his thinking is his thinking. WHAT IS WRONG WITH THE MIND IS WRONG IN THE MIND. Not some place else.

Everything that is wrong with the mind is connected immediately and intimately with the mind. Hence, for example, you will only get a rigid control of claustrophobia (not a cure) by making him occupy small spaces. PROBLEMS OF THE MIND ARE NOT SOLVED IN MEST - THEY ARE SOLVED IN THE MIND.

MEST can't talk. It can't think. You see a sign. It 'says' nothing; - until you come along and read it. THE HUMAN MIND COMPUTES MEANING TO THE SIGN, THE SIGN DOES NOT COMPUTE MEANING TO THE HUMAN MIND.

Only after the "resistance and want" cycle takes place will you have a picture in the mind. THE ONLY REASON A PERSON HAS A PICTURE AROUND IS BECAUSE HE CAN'T HAVE THAT THING OR PERSON! HE ONLY KEEPS BLOCKS OF ENERGY AROUND WHEN HE CAN'T HAVE ENERGY. This is dramatized by keeping photographs of people that have been lost or that he can't have.

The picture contains something that belongs exclusively to the thetan - which is the esthetic. An esthetic is the combination of energies and forms and spaces so as to create what the thetan classifies as a pleasing object or motion. He could keep a picture that was esthetic and wind up by chewing it up just because he was short of energy. The energy has become more important than the esthetic. This would be the degeneration of the person from an esthetic individual to a very practical man.

WHAT A P.C. HAS IN MENTAL PICTURE FORM IS THERE BECAUSE:

1) He's short of energy: - so he's got this picture because it represents a mass of energy (which he's liable to chew up some day and then he won't have that picture any more).

2) It's a picture of something he can't have. When he really can't have it, and he knows he can't have it, and it's gone forever; IT IS A BLACK PICTURE AND HE CAN'T REMEMBER IT.

He doesn't need a picture to remember. He can make as many as he wants unless someone has convinced him that he can't.

Blackness can be blackness of chewed up and burned energy or a blackness of space or of nothing. But there is some energy in blackness and this is preferred to nothing.

INCREASING LEVELS OF PROCESSES:-

1) CONVERSION OF THOUGHT-ENERGY PATTERNS INTO USABLE ENERGY.

This is the WEAKEST ADMISSABLE PROCESS. It is accomplished by CONCEPT RUNNING which runs out the "dangerous" thought from a facsimile; then he can use that little slice of energy which he had, but couldn't use.

Running the perceptics out of an engram also comes under this. You are running a slab of energy flat without destroying the energy. Then the energy doesn't impinge an effect so it becomes usable energy.

RESTIMULATION consists of biting off a bigger piece of energy then one can chew, and being stuck with a chronic somatic. He could almost eat it up, but not quite. He keeps it there in the hope that some day the somatic will go away and he'll be able to eat the rest of the energy.

With some P.Cs. there is a scarcity of pain. After you have them waste pain in brackets they can have pain. If they can have pain they can have a lot of energy in the bank. But then they drain on this energy some more and it goes flatter and blacker. This isn't what you really want to do with a case, but the fellow will be a lot happier if you do this.

2) RESTORATION OF ENERGY TO THE BANK:

This is the next admissable process. Such a process would simply be "SELF ANALYSIS." You just keep putting mockups out there. This will increase the person's havingness. You get him back to a point where he at least realizes he can have some mockups. He may not be able to get the real thing out there; but he can get some mockups which is the substitute for MEST or a mass of energy.

If he can't have mockups of his own, show him that something does exist: namely, MEST.

If he is convinced he can't have MEST he is out of present time because he knows it isn't quite there and he can't find it. Since he can't have the blocks of energy which exist here and now in present time, he will take them from some place on the time track. This gives you the "living in the past"; a manifestation of psychosis.

THIS PROCESS INCLUDES GITA, ACCEPTANCE LEVEL PROCESSING, AND ANY PROCESS WHICH RESTORES ENERGY.

3) RESTORING A SPECIALIZED CYCLE TO THE BANK:

This is just one thing. EXPLOSIONS !!!

Here you have one type of facsimile which, when run, is tremendously effective. The reason why is that the explosion is the basic desirable thing. It's what got him into wanting energy in the first place.

So if he MOCKSUP enough EXPLOSIONS IN BRACKETS he will be much better off. THIS IS COUPLED WITH RUNNING ATTENTION OUT FROM THE BLACKNESS WHICH IMMEDIATELY FOLLOWS THE EXPLOSION.

TECHNIQUE:

We get huge mobs of people looking up very admiringly at the explosion which explodes so noisily and beautifully and is followed by the blackness. Don't stop the flow of admiration because blackness follows it. That's what happened in real life. So the blackness never quite went away. Give him enough white energy and the black energy will go away. Have the mobs of people give lots of admiration to the blackness and it will get more and more soluble.

If you don't back up running explosions with objective processes (The six steps in "Six Steps to Better Beingness" - especially "holding corners") the P.C. may get sicker and sicker as too many communication lines open at once. Run lots of explosions and admiration of them for short periods between objective processing.

4) DIRECT CONTACT WITH MEST UNIVERSE PRESENT TIME:

This consists of any process which puts him into immediate cognizance with, and makes available to him obviously so he knows it, MEST universe present time.

The goal here is to have him find out he can have present time and that present time is wonderful.

5) REHABILITATION OF HIS OWN UNIVERSE:

Someone only becomes interested in this when he has big, beautiful, gorgeous blocks of energy which he himself can make, put together, and carve up.

You have the entire MEST universe as an antagonist if you insist on being a

single man who is not even part of the collective group. People will agree with you when you say, "That MEST universe did this." The MEST universe didn't do that any more than you did it to the MEST universe. Actually it is a series of overt acts on the part of both you and MEST that stuck you with a collapsed terminal on the MEST universe.

We havn't gone into overt acts, engrams, parascientology, past lives, Fac. #1, etc. We do not need to deal with them any more. But these still exist. We should know about them so that we know what the P.C. is talking about when these things come up.

EXAMPLE:

The P.C. may say when you are asking him to run something, "This camera keeps appearing in front of my face and it won't go away." Don't ignore this. It is "Facsimile #1." This is such a heavy block of self created energy (from fighting a camera like projector) that it has been particularly delicious at various times in the past. Now it's just plain agony.

You're in for trouble if you don't do something about this camera in front of his face. Use #3 or #4 (above) until the camera is gone. MAKE SURE IT IS GONE!!!

This is a phenomenon you will encounter whether you want it there or not. We have it in parascientology because we can't really accurately establish its source.

TECHNIQUE FOR RUNNING OUT A PERSON THE P.C. IS WORRIED ABOUT:

The P.C. comes to you and keeps talking about Gertrude. You could run facsimiles; overt acts; have him mockup himself and Gertrude with him shooting her, her shooting him, back and forth, etc. Or you could run the concept:
"Gertrude is in present time."
"Gertrude is not in present time."
"Gertrude is here."
"Gertrude is not here."
Do this IN BRACKETS, WITH MATCHED TERMINALS.

Also, have a spot out in front of him saying the above. After awhile he will stop worrying about Gertrude.

But this comes under #1 (above) which is the weakest workable process. However, this is the level at which such a case should be entered.

Then there is the individual who "imagines" people who are telling him what to do. This technique will break this case.
"Get HIS certainty that he is there."
"Get SOMEONE ELSE'S certainty that he's there."
"Get YOUR certainty that he's there."

Then run the negative of these. Back and forth, back and forth. And you will have finished it off. It's the only Anchor point the P.C. has out, evidentally: - An individual that doesn't even exist.

You'll find a lot of P.Cs. come in talking to you about "demons." (Mystics, usually.) Use the 1st. level (above.) This is the highest level of abstraction you want to hit this case. You don't want to go any farther into abstraction than that. Just use the concept level.

TECHNIQUE:

Run as brackets and concepts on certainty:
"It's mine."
"It's not mine."
"I own it."
"I don't own it."

You'll really have a picnic on your hands. This has been tested by L. Ron Hubbard with "shocking" results.

Concepts have a terrific level of workability. If you get a resistive 5 case you won't be able to get him to run anything else at first unless you are a very, very insistent fellow. Because he knows what's wrong with him. He REALLY knows what's wrong with him. It's Gertrude.

What's wrong with the resistive 5 is that he's figuring. He's figuring because he hasn't got force enough to overcome it. He's thinking about it. He can't think in terms of force so he thinks in terms of words.

"QUESTION AND ANSWER" TECHNIQUE:

On the level of abstraction there is a very "Cute" process which devalencizes an individual fairly rapidly. It's awful nice on some cases to process the P.C. instead of "mama."

It is called, "Q. and A." (question and answer). The question and the answer are the same. The answer to a Coca Cola sign, in terms of MEST, is a Coca Cola sign. "Mockup a Coca Cola sign as a question. Turn the SAME SIGN around FACING THE SPOT WHERE IT WAS as the answer. The only answer to mama is mama; to papa is papa; to SELF is SELF.

HAVE THE P.C. MOCKUP HIMSELF AS A QUESTION AND THEN TURN AROUND THE SAME MOCKUP AS THE ANSWER. The fellow begins to feel he is resolving all the problems of existence.

Have him mockup mama's body over his own body as a question and then you turn mama's body around on him as the answer. And then you mockup mama's body on his as the answer and then turn mama's body around on his body as the question. And then have him mockup mama's body out there and have him mockup his body on mama's body as the question and then turn his body around as the answer.

My, he feels so learned. Because that's all the questions and answers there are. And you do this with anybody he is concerned about, worried about, or in the valence of and you will produce enough of a shift of valence to materially influence a change of attitude on the part of the case.

This is not a long technique and shouldn't be run long. Use a little Q. and A. to throw your P.C. out of a valence only when you run into such a tough valence problem or such a tough problem about some object that your processing is grossly interrupted.

You may find that the person is in the valence of a bed post. Therefore the bed post WAS the question; and it BECAME the answer; and so you get him out of being a bed post and you can process a human being.

This is a rote procedure. It can be varied by substituting MEST objects which stock harder.

DEMONSTRATION:
(Examples of the requests are given below. These should be alternated back and forth a number of times. The technique is improved by using brackets and all mockups should be unmocked.)

"Put Father's body on yours backwards as the question.
Turn around Father's body to align with yours as the answer."

"Put on Mother's body backwards and make it feel like a terrific question.
Turn Mother's body around and make it feel like the answer."

If the P.C. is not able to get the mockup of Mother's body to stop turning, this is a manifestation of trying to attract attention. An additional step is used for this.)

"Put Mother out in front looking at you pleasantly."
"Now put your body on Mother's body backwards. Get a questioning feeling.

Turn it around and get an answered feeling."
(Somatics frequently turn on while this technique is being used. The way in which a chest somatic was dealt with follows.

"Put the chest pressure right where it is as the question, turn it around as the answer. The chest pressure there as the answer, turn it around as the question. Repeat".

"Put chest pressure there as a question, turn it around as an answer." (P.C. says it's spinning.) "Put it out looking at you." ("It is still spinning.") "Put it out spinning as a question. Move it over still spinning as an answer."

"Put five chest pressures out here as the question. Turn them around to face you as the answer. Five hundred of them, ditto. Twelve in back, ditto. Mockup lots of chest pressures. Put the feeling of a question through all this mass. Then the feeling of answer through all this mass. Then crush them all to the chest. Spread them out. Put them in Yesterday. Put them in tomorrow."

"Put your body out in front as the question. Turn it around to face you as the answer. Mockup your body out in front of you and ridicule it." ("They shrivel up and disappear.") "Keep doing this." ("They don't care.")

"Put your body out in front and have its head blown off by an explosion. Keep doing this. Can you hear the explosion?" ("No.")

"Who was the big talker in your family?" ("Father.") "Put him out there and have him explode. Keep doing this until you can hear him." (P.C.: "I can hear his voice. Now I can hear him laugh.")

"Get your body facing you. Blow its chest off. Put your body there and have a woman blow its chest off."

"Get the feeling all through your being of a question. Just as you are sitting there. Do the same thing as an answer. REPEAT."

"Reach out of your body and get the two corners of the room. Don't think; just hold onto them. What happened, what was your mockup while you were doing this?" ("It was easier the second and third times".) - END OF DEMONSTRATION -

"QUESTIONS AND ANSWERS" SHOULD BE DONE IN COMPLETE BRACKETS.

Use "Q. and A." until a chronic somatic turns on and then find the person belonging to the chronic somatic and resolve this valence.

There is never sound in space where there is no air to carry it, except where an electronic wave is carrying it. This is an explosion.

Blow up radio sets, T.V. sets, movies, juke boxes, telephones, alarm clocks, pianos, etc., or the explosive member of the family in mockups. There is no real explosion when the P.C. hears such loud sounds in life. The P.C. expects energy to accompany the sounds but he doesn't get it. When these are run out by mocking them up and exploding them the sound they are making will turn on (sonic). The P.C. drains explosions from his bank to make energy. He then can't afford to see or hear any more because his bank has been drained too much. Have many people admire the blackness of explosions to correct this.

LECTURE #5

SOP #8 - STEPS 7 AND 6

SOP 8 is relatively simple. And, therefore, very "difficult," of course.
We'll start with STEP 7 and go back to STEP 1. This is to deal with the most difficult case first.

BEFORE AUDITING YOUR P.C. RUN THE CONCEPTS, "THERE IS NO REMEDY - THERE IS A REMEDY.", WITH CERTAINTY AND IN BRACKETS.
Do NOT run "There is no SOLUTION - there is a SOLUTION." This will throw your P.C. right into the center of his reactive bank. Like a train at full throttle hitting him.

That is why the reactive mind got built. There is no solution to a being surviving who can't do anything but survive. He HAS to SURVIVE and so he has to convince himself that he can't survive so that he can survive. If you have life which is immortal, and if life which is immortal is being forced to do what it can't help but do, it is going to assume that force is necessary to make it survive. Further, it would assume that without force it would do something else.

Life has to assume that it can do something else other than survive if somebody uses force on it to make it survive. This is an imponderable because it can't do anything but survive. That's why you don't understand it. The answer is the answer. We have the silly situation of an entire computing machine devoted to solving a problem which is already solved. It can't permit itself to know that the problem is solved without exposing the fact that it has no solution.

If you were to take an electronic brain that was built to multiply 5 times 5 and then start to FORCE it - with all sorts of super currents, batteries, resistances and voltages - to MAKE SURE that it ALWAYS said 5 times 5 you'd start piling up on its circuits: "You've GOT to say 5 times 5." It will turn up a conclusion - a negative solution on 5 times 5. If you started to jolt its circuits too heavily something would start giving away and the next thing you'd know, if you kept insisting that 5 times 5 was 5 times 5 it would blow enough circuits so that it would no longer give you the answer, "5 times 5." So it now cannot answer the problem which is to be answered. Now you have inhibited it from giving the right answer by overloading all its circuits so it can't get and/or won't give the right answer.

"Q. and A." is interesting simply because the THING is IT. There's no problem connected with it until the problem is introduced into it. The answer to running out papa and mama is papa and mama. Not their emotional relationships. Just run out the physical beingness in terms of energy of papa and mama. Get the existance of papa and mama; and the space surrounding them.

DON'T RUN MOCKUPS FROM SELF ANALYSIS AS CONSECUTIVE STORIES. WE WANT DIFFERENTIATION, NOT IDENTIFICATION. The mind adds up on a gradient scale fact, plus fact, plus fact. All gradient scales of fact add together and connect and go together. Therefore we reach inevitable conclusions because of the identification of all these facts.

We're trying to DIFFERENTIATE with Self Analysis, NOT IDENTIFY. Each mockup is complete in itself. Each mockup is the answer to each mockup. This is why we don't use children's stories for mockups and concepts.

"Key to the Unconcious" is a bad book because it permits the thing to be computed upon.

THE REACTIVE MIND ALWAYS HAS A REASON. "Never be without a reason" is its motto. This is because there isn't any reason. So it has to have a reason because it has to reason. A=A=A. So if you force it to have a reason it will blow enough circuits so that it doesn't have a reason; and if it doesn't have a reason then you can evaluate for it; and if it can be evaluated for, then it can be enslaved.

You couldn't make a slave out of a human being who said simply, "5 times 5"; and then kept on saying, "Well, yes; that's the answer, 5 times 5: - SURVIVE is the ANSWER." You have to convince somebody one way or the other that he can't survive in order to make him strive to survive. And if he is convinced that he can't survive and you make him survive then you can say, "The only reason you are surviving is because you are doing so and so and such and such in exactly this way or that way." and so the mind can become enslaved. THIS IS ITS TRICK MECHANISM.

"Q. and A." The answer to any object is the object. What is this object? It is this object. This is the type of identification that brings about MATTER itself. If there weren't this type of identification; and if a person weren't all smashed together with the idea of force; there wouldn't be any physical objects, nor would there be a wall, nor would you have a body.

This trick also works to give us objects. We take a great deal of space with its anchor points and condense it. We keep condensing it and condensing it until we get matter. If you condense matter enough it explodes. All plutonium in the atom bomb is is too many spaces too condensed. It is pushed past the point of tolerance when a lot of it is put together. Now you've really got too much mass for that amount of space and so it explodes. This is the most extreme way of making explosions that we now have.

Possibly life hopes for this as its final release. If a person can just get solid enough and impacted enough he figures that he will explode and then he'll be free.

So you have all this methodology wound around this obvious identification of an object with an object. This identification is the question and answer concerning an object.

TO BE ASKED WHY ONES FACE IS DIRTY IS A CONTROL MECHANISM DESIGNED TO PUT ONE IN THE PAST. The face is dirty because the face is dirty. Not "because" one was playing in dirt. This is obvious. The identification of an object with an object goes down in its extremity to the identification of similarities. The answer to a dirty face IS a dirty face.

When you get an identity of similarities you are getting on the fringe of the lowest level of thought. This is a STEP 7 case. PSYCHOTIC. Object #1 is object #2 EXAMPLE:

We have two microphones. They are different. Different serial number and they occupy different spaces. They are NOT THE SAME MICROPHONE, OBVIOUSLY. But they are SIMILAR. But if you really identified the two of them you would SEE only one microphone. You would simply refuse to see the other if you said: "All microphones are the same microphone." Yet the answer to the microphone on the left is the microphone on the left. The entire problem connected with the RIGHT microphone reminds one of "Uncle Bill." Thus Uncle Bill IS THIS MICROPHONE. So when we think of Uncle Bill, we think of microphones; and when we think of microphones, we think of Uncle Bill. Here we have the reactive mind. A = A = A.

He "rowed" a horse, and, he "rode" a horse is the same remark to the reactive mind. NO DIFFERENTIATION. The reactive mind states, "Mama is the wife. Everything mama did wrong the wife is doing wrong." It doesn't consult any further. A = A. The ACTUAL identification is: Mama is mama. Wife is wife. There is NO RELATIONSHIP BETWEEN THEM. THERE IS NO SUCH THING AS A SIMILARITY! A similarity is a pretended identification and so they PRETEND to be similarities. This is what is rectified with "Q. and A." processing. It's obvious to the Thetan.

The P.C. will tell you there is something very pleasing with this technique because "Question and Answer" will give a recognition of truth and this is done instinctively.

In previous work we have been trying to solve IDENTIFICATIONS. Things which are not similar become identified one with the other. This creates a thinkingness problem which is unresolvable because it's not a solvable problem. Two similarities

become an identity. An apple is an orange. NO!!! It's not even the same as ANOTHER APPLE.

Mathmatics is a big lie.. 1 plus 1 equals 2. NO!!!! 1 what? A SINGLE one plus a SINGLE one equals 2. Two what??? A SINGLE 2; of course. Those ones don't look like twos. That one is not the other one. They don't combine, they are TWO SEPARATE SLABS OF INK!!!

With his mind he can understand perfectly if you say, "I've got two apples." "How do you know you've got two apples?" "Here's one and here's one." This conveys the idea of two apples to someone but it doesn't convey an identification of these two apples. THAT IS PSYCHOSIS. When you say "two apples" one apple plus one apple, and they are the same apple: PSYCHOSIS.

The answer to SURVIVAL is to SURVIVE. There is no NONSURVIVAL to form a dichotomy so we pretend there is one. Identification is sitting right in the middle of the problem. Any way you go out to solve the problem you are solving the identification

SANITY LIES IN MAMA BEING MAMA; roads being roads; microphones being microphones INSANITY IS A MICROPHONE BEING "MAMA." A equals A equals A.

None of the symbols used in mathmatics are anything by themselves. As long as mathmatics can compare with a universe - when there is space and action - mathmatics is true.

WORDS are used because they are convenient. We have the WRITTEN word and the SPOKEN WORD.

MATHMATICS IS NOT TRUE AS SOON AS YOU ADD A SYMBOL. When we are TALKING a LANGUAGE we are "of common experience."

The first stage of neurosis is when a person asks, "What do you mean by that?" His level of experience tells him that words are dangerous to him. His anchor points are closer and closer and he is afraid to put out anchor points to communicate. He is identifying similarities. Space is gone when a P.C. is afraid to communicate vocally. You have a one sided conversation.

STEP 7

The whole problem is to get the P.C. to put out (claim) one anchor point. Just get him to reach out and touch something. Find something real. What is the most real object in this room to you? Go over and touch it. Now withdraw from it. (You are getting the P.C. to CLAIM an anchor point.) Put out an anchor point and make some space. Get him to touch something real to him. This is a very good technique for ANY STEP LEVEL.

The FASTEST technique is to simply say, "Come up to present time." It often works. But the percentage is not good.

For a psychotic out of communication, a sanitarium case, give him a stimulant and then get him to put out an anchor point. "Touch something real to you. Withdraw from it. Do the same thing with something else." Continue the process until the P.C. claims an anchor point.

If the P.C. won't put out an anchor point, give him anchor point. For example, give him blocks, one at a time, and move blocks, one at a time; "Do you want this block? This is apretty block. Etc." until he will finally throw one away. He will then have put out an anchor point.

L. Ron Hubbard has been working on some mechanical aids for dealing with psychotics.

Nothing will wear out an auditor faster than a psychotic because he has an energy starvation. It is just like sitting in front of a vacuum cleaner.

A PERSON PROCESSING A PSYCHOTIC SHOULDN'T HAVE ANYTHING TO DO WITH THINKINGNESS. USE TECHNIQUES WHICH ARE TREMENDOUSLY SIMPLE AND VERY OBVIOUS.

If you want to be on the safe side, don't run a thought concept on a psychotic.

Psychotics are locked in one exact concept: MUST REACH - CAN'T REACH; MUST WITHDRAW - CAN'T WITHDRAW; or its reverse (which is the same concept.) These two, if locked together just right, will produce a thing called the GLEE OF INSANITY. If you can get in communication with a psychotic enough to run this concept, just for a moment or two, his psychosis may stretch apart just enough so you can easily run mechanical techniques. BUT IT IS TOUCH AND GO!!! He might be just the other side of it. In this case he could lock up on the heavier side of the incident.

The GLEE OF INSANITY is an emotion which is a compulsion operating with an inhibition simultaneously and these two things together give you the emotion expressed by the insane.

At one time or another, in any P.C., you can find every manifestation of insanity that has ever been catalogued anyplace. Maybe for a moment or two, an hour or two, or several days. So you can run yourself or almost any P.C. for awhile on "must reach - can't reach," and he will understand psychosis and exactly how a psychotic feels. The GLEE OF INSANITY IS THAT HORRIBLE FEELING, THAT AWFUL INDECISION, OF A "MAYBE" LOCKUP ON THE TWO THINGS THAT THETA DOES BEST: REACH AND WITHDRAW. THAT PRODUCES THIS EMOTION CALLED INSANITY.

The best technique for your STEP 7 is just to GET THE P.C. TO PUT OUT OR RECEIVE AN ANCHOR POINT. GRACEFULLY.

TECHNIQUE TO GET P.C. TO PUT OUT OR RECEIVE AN ANCHOR POINT GRACEFULLY:

A MAN'S HEALTH IS PROPORTIONAL TO HIS OWN BELIEF IN HIS OWN DANGEROUSNESS TO HIS ENVIRONMENT.

AN ANIMAL: Put your finger near a cat's paw. It reaches out and touches it. Withdraw several inches. Do this several times, withdrawing a little farther each time. After about the 4th. or 5th. time, withdraw, and QUIETLY and GENTLY say, "Ow!" Repeat this process several times. You can use this on cats, dogs, people.

This is a mechanical approach. It is very effective on a very small child. A CHILD: Reach down with a bright toy or ribbon. Let the child touch it and then you pull it away just a little. Repeat this several times. The child will decide that he is driving it away or will decide he wants it and grab it. About the 3rd. time you might say "Ow!" GENTLY.

A PSYCHOTIC: Put out your hand. Reach for the psychotic's fingers. When the psychotic touches it withdraw a little, as with the cat. Repeat several times. IF USING "OW!", USE IT QUIETLY, SO AS NOT TO DISTURB THE PSYCHOTIC, ONLY TO ENCOURAGE HIM. DON'T ASK HIM ABOUT ANYTHING! DON'T RUN ANYTHING!

The psychotic is usually in a contest with spirits. He's gotten down to the last ditch as a Thetan and is trying to waste CHRIST or GOD so as to save himself. THEY HAVE TO WASTE IN THE MATERIAL UNIVERSE WHAT THEY SHOULD BE WASTING IN MOCKUPS IN THEIR OWN MINDS IN BRACKETS TO GET WELL. God, Christ, Angels, etc. THE LAST THINGS HE CAN BE. He has to waste admiration of Christ and God to save himself as a Thetan.

Inability to accept an anchor point from anyone or to put out an anchor point, or to borrow or recognize an anchor point for what it is, is a sign of a STEP 7. This is all clouded with thinkingness and misidentification. So stay away from these. If you get them to accept anchor points or put one out you've got them on the road. Unless you wreck them by running a complex thought therapy on them. They're below the limit of scarcity of energy.

The P.C. doesn't move: or he moves too radically. He must waste "Control of motion." He won't eat, so we have to waste food. DON'T LET YOURSELF GET INTO THINKING!!! He is unable to resume, OF HIS OWN VOLITION, communication with the MEST universe or his fellow man.

STEP 6

Here we have a very acute state of energy starvation. The running of concepts on this case may be almost fatal. (These P.Cs. are quite resistant.) They talk and complain a lot. NEUROTIC. They are at the critical point. They can be easily tipped over to a STEP 7 by abuse from life. STEP 7 is WAITING for step 6. This person doesn't think clearly about a lot of things and is barely able to keep up with the more evil aspects of present time. This is the way they're identifiable. He doesn't go into the future at all about anything. He shows emotion about present time only when confronted with something horrible: Or he merely considers everything in present time as horrible.

This is the NEUROTIC. This is the person who is NERVOUS. When this person holds a coffee cup the cup "chatters" against the saucer. Or, if he has a drink he has a hang-over for three days. Or, when he has a drink he has to follow it with "one more" repeatedly. Because the drink runs him out of energy, and THE ONLY WAY HE CAN GET TO THE STATE HE WAS IN BEFORE HE HAD A DRINK IS TO HAVE A FULL GLASS IN FRONT OF HIM. So he's trying to run back on the track to the time before he had the first drink. He can't get there.

This person, if given any sedative or stimulant, will carry it through to its final ADDICTION, if given any chance at all. This is a result of the inability of the neurotic or psychotic to restrain himself from continuing with anything which will deliver a sensation. They have a terrific scarcity of sensation. Addiction to anything, including alcohol, is not resolved by studying the drug, but by studying the mind.

"QUESTION AND ANSWER"

The answer to being drunk is being drunk. That's what he thinks! The answer to raising the dickens and stealing money from the family is raising the dickens and stealing money from the family. The answer to being nasty to Father is being nasty to Father. Thus you get a persistance of these conditions. They are only interrupted when you vary the energy pattern. You will only vary the energy pattern when you CHANGE THE ADMIRATION AVAILABLE IN THE BANK.

EXPLOSION PROCESSING IS TOO TOUGH FOR A STEP 6. THE BEST TECHNIQUE FOR THIS LEVEL IS "SELF ANALYSIS." This will consistently, easily, and pleasantly resolve the scarcity of energy in the bank and mind itself. While using "Self Analysis" have the P.C. make two mockups out in front of him, if he can.

For an alcoholic, drug addict, sex pervert, the answer is a lot of "Self Analysis." It will take many hours. Get someone else to sit there and do it for you. From 80 to 200 hours, possibly more, will be required, depending on the deficiency of energy in the bank. Give them enough "Self Analysis" so they have enough energy in the bank to be stable on the level you get them to.

SELF ANALYSIS, SELF ANALYSIS, AND MORE SELF ANALYSIS. Don't get super-ambitiou Just give them SELF ANALYSIS. This is good solid ground. It is the remedy for the NEUROTIC.

LECTURE #6

SOP 8 - STEP 5 AND 4

STEP 5 - The Occluded Case

DON'T IDENTIFY A TECHNIQUE WITH A CONDITION. A technique that reaches clear down to a STEP 7 is a very good technique for a STEP 1.

When you ask a P.C. to find the realest thing in the room this doesn't mean he is psychotic. The best technique possible would be one that would go through all the steps.

The OCCLUDED CASE isn't the most difficult case. The neurotic and psychotic are the difficult cases.

Ten minutes of nothing barely reaches through to a step 5. It won't reach through to a 6 or 7. This is because the entire anxiety of a 6 or 7 is trying to get something.

The next step of "SIX STEPS TO BETTER BEINGNESS" remedies 10 minutes of nothing

From STEP 4 down there is a necessity to have something rather than nothing: A SCARCITY OF ENERGY. The only energy the mind has in it is the energy which the mind has generated. Energy recorded is energy of the energy of the P.C. being recorded by the energy of the P.C.

STEP 5 can't get mockups or see facsimiles. Can get mockups of blackness, silence, and blindness.

TECHNIQUE:

Get a large mass of blackness where it is as a question. Get it where it is as an answer. Do the same with SILENCE, BLINDNESS, DEAFNESS, etc.

To understand a STEP 5 we have to go into THE THEORY OF EXPLOSIONS. Cycles of action all follow one pattern. (There are many listed in 8:8008.) They go from an area of NOTHING (which is the thetan) to CREATION, GROWTH, DECAY, AND DESTRUCTION. (This is the Cycle of the MEST universe.)

The Thetan is trying to approximate the MEST universe. The first thing he encounters in the MEST universe is SPACE. So he approximates space. He is NOTHING in this universe, but something in other universes. He has nothing when he is space

The concept of a Thetan is space. He understands he has nothing when he has some space. Because there isn't anything in this space and the space in this universe is hungry. If he happens to be unfortunate enough to have something on him when he comes into the MEST universe he is "frisked" immediately. Because the vacuum of space, containing no resistance, - yet contains an enormous hunger for anything which is solid unless the solid object is hung together with the greatest of cohesiveness, such as earth. So Mr. Thetan would appear in space. Any particle of energy he had, which was closely compacted, would have more pressure in it than the space with which he is surrounded, and so you would get suction. And Mr. Thetan has nothing but space.

A Thetan in this MEST universe considers himself to be nothing unless he has something. He thinks it is bad to be nothing. So he starts building. (cycle of action) He builds by putting out energy. Then he puts out a solid object into someone elses space and there is an explosion. As the rays reach back to him he can even hear the concusion. So he starts imitating explosions. Brighter and brighter. Impact and darkness reach him at the same time and this is painful.

Pain is a collapsed communication line. It is dark and then he has nothing. Nothing, bright, dark, nothing. This is the cycle of an explosion. The STEP 5 has used up all the bright and has only black left. Admiration is the only thing

which dissolves force. Force applied will get admiration from a Thetan. If you don't get admiration from force you just havn't used enough force. If you don't get admiration you've used too much force and he isn't putting out any more. A nice test: How much force do you put out to get admiration? Admiration is a Thetan particle. It's NOT a MEST particle. THE ONLY HEALING ENERGY IS THAT ENERGY THAT IS PUT OUT BY THE THETAN. MEST CAN'T HEAL LIFE. LIFE CAN HEAL LIFE.

This cycle of Creation, Growth, Decay, and Destruction is represented by the explosion.

The Thetan is immitating explosions as this cycle. Running this cycle will solve all the secrets of life. NOTHING - BLACK - WHITE - NOTHING. NOTHING - BLACK - WHITE - NOTHING. This is running it backwards and you get the emotion of regret. Keep running it to build up energy.

Soon one realizes the Thetan CAN and IS approximating something in the MEST universe. How many men have been known to mama and papa as "Son" and found out they were not a "good" son. Fathers and mothers generally run for many years the beautiful sadness of having a son. So he finds out he can't be the "sun." He'll tell you all about it, he'll find it out. You just keep on running the process.

More computations come up because you're blowing circuits. You blow circuits because you're feeding up enough energy back into the bank. Keep feeding energy into the bank because a resistive 5 will take it out faster than he mocks it up. He will say, "Well, we really oughtta run this concept, don't you think?" (There might be some white energy left in it.) Then one day he realizes he has only black left. He's no worse off, but he must be processed longer to get back to where he was.

THE RESISTIVE 5:

The resistive 5 has a tendency to run explosions backwards. TO RUN OUT ENERGY. Tell him to: "Throw some explosions up there that you can't have. Put up some more you can't have." Do this repeatedly with brackets and resistance toward explosions will be alleviated. After awhile he will be able to have mockups of explosions. "Have masses of people admire the blackness following the concusions When the STEP 5 resisted the MEST universe, he RESISTED!!!

A DEMON IS a ridge or mass he won't take responsibility for. NO RESPONSIBILITY NO RESPONSIBILITY equals BLACKNESS equals LOSS (something going away, part of an expanding set of anchor points, a dispersal.)

These are synonomous: - "I have no force" equals "I'm not responsible." "Get the blackness to mockup masses of people admiring it." (The blackness following an explosion.)

THE STEP 5 CASE MUST HAVE LOTS OF HOURS OF EXPLOSIONS. NOT AS MANY AS the 80 to 200 hours of "SELF ANALYSIS" needed for a STEP 6, but lots of hours.

Blackness hangs up because he got perceptions in explosions. So he identifies explosions with perceptions. He then believes the explosion takes place before perception is received and is alert to get the energy which took place before the perception. The energy was not there. Only blackness. The MEST universe has him fighting nothing. He finds that explosions aren't there for radio, movies, books, etc. THE STEP 5 IS ALWAYS A VERY EDUCATED FELLOW.

Live theatre will never die because there is an explosion behind every perception. Not so with radios, movies, etc. THE WELL-READ, WELL-EDUCATED FELLOW IS A RESISTIVE 5. THAT IS BECAUSE IN ORDER TO READ YOU HAVE TO SUPRESS WHITE AND RECEIVE BLACK!

Tell any P.C. to "Get the idea of supressing white," in brackets, and the P.C. will suddenly find himself reading a book. Supress white paper and blackness is supposed to "say something to you." All that occurs is THE REGURGITATION OF THE BLACKNESS OF EXPLOSIONS. By supressing white paper the blackness does not say anything to you. It leaves a person sitting on a "Maybe."

THE ONLY REASON A PERSON READS NOVELS IS BECAUSE THERE IS NOT ENOUGH ACTION IN THEIR OWN LIVES! If a person mocksup as he reads this is better than nothing, but he then is delivering into the hands of an author the commanding power to regulate his own mockups exclusively. Next he would depend on others to give him a mockup.

The mission (effort) of THETA is to locate things in time and space - and to create time and space in which to locate things. Explosions do that too. Explosions move things from one place to another. One gets in the habit of having the environment move him around. When he depends on the environment to move him around, and when he's had lots of explosions move him around, the dispersal characteristics of the explosion and the dispersal feeling characteristic of moving around generates a fear in him about going back to places where he has been. HE IS UNABLE TO RETURN. This makes it impossible for him to exactly duplicate anything. THE INABILITY OF PERSON TO GO BACK DOWN THE TIME TRACK MEANS THAT HE IS UNABLE TO GO BACK TO A GEOGRAPHICAL LOCATION.

Find this geographical location by having him reach and withdraw. Then have IT reach for him and withdraw from him. All a person's activities can be traced back on an aberrative level to the explosion.

DIFFERENTIATE between the reactive level of stimulus-response as depending on explosions, and the Thetan's ability to approximate or BE anything. The Thetan does not like this cycle. It is reversed for him. It is the opposite of the way he'd like to go.

THE STEP 5 IS LOCATED ON THE WRONG SIDE OF THE EXPLOSION.

He has decided there are many places he can't be. He doesn't like to be left behind. He's "the only one," because he can't return.

Residue and debris is the unadmired end of an explosion. THAT WHICH IS NOT ADMIRED TENDS TO PERSIST. The STEP 5 has come to the end of the explosion - which is the debris. This is what is left behind. HE IS VERY ANXIOUS ABOUT BEING LEFT BEHIND IN ANY WAY. HE'S GOT TO EXCELL. The law of conservation of energy tells him he can't burn cinders. So he feels he can't do anything about residue.

That's a real point of apathy and that is what's left behind when the explosion explodes. This is left behind. SO A STEP 5 DOESN'T WANT TO BE LEFT BEHIND BECAUSE ONLY DEBRIS IS LEFT BEHIND. IT'S O.K. TO LEAVE SOMEONE ELSE BEHIND, BUT SOMEONE ELSE CAN'T LEAVE HIM.

RUN EXPLOSIONS IN BRACKETS ON ANY STEP ABOVE A STEP SIX!!!

STEP FIVE OF SOP 8L IS THE BEST WAY TO HANDLE A STEP 5 CASE. THIS STEP IS RUNNING EXPLOSIONS IN BRACKETS.

THIS IS A COMPLETE BRACKET:

P.C. MOCKING UP EXPLOSIONS FOR HIMSELF.
SOMEBODY MOCKING UP EXPLOSIONS FOR HIMSELF.
OTHER PEOPLE MOCKING UP EXPLOSIONS FOR EACH OTHER.
P.C. MOCKING UP EXPLOSIONS FOR OTHER PEOPLE.
OTHERS MOCKING UP EXPLOSIONS FOR THE P.C.

THE THETAN LOVES TO MAKE MOCKUPS. If he is not permited to put them up in MEST he will put them up in his own universe. He thinks it's much better to put them up in MEST.

A painter would much rather paint a painting on a wall because then it gets other people's admiration. He thinks he can then pick up other people's admiration and use that in his bank. What he's actually doing is to make an approximation in his own bank of the admiration which is comming to him. This is an exterior control hat gives him a pattern which he can then mockup. But, if he can no longer mockup a pattern which is coming into him then he can't get people's admiration admiring his painting. Then he begins to believe that people don't admire anything because he can't feel any of this admiration. Well, that's because he isn't mocking up the admiration which is comming into him any more - so he has an aberration.

PAINTINGS ARE MADE IN THE MEST UNIVERSE FOR OTHER PEOPLE'S ADMIRATION.

just run explosions in brackets and he'll start learning all about life.

He has suppressed so many explosions in order to get ahold of them, own them, and grab them, that's he's gotten the idea that he must suppress ALL explosions. So when you get a fellow reading too much he is suppressing white which represses his explosions. He's living in a carbon - oxygen engine. The carbon - oxygen engine needs explosions in order to exist and only runs if it can be permitted to explode in a certain way. So he supresses existance and runs down. THIS IS AN EXPLANATION OF A STEP 5. He's trying to run out and eat up the whiteness he has just mocked up on the pretense that he has a good reason to do it. At first, he still feels that he has to suppress ALL explosions. JUST KEEP THE P.C. RUNNING EXPLOSIONS. DON'T LET HIM GO OFF ON A LOT OF PHILOSOPHY.

STEP 4 - SOP 8L "ACCEPTANCE LEVEL PROCESSING" (A variation on expanded GITA)
ACCEPTANCE LEVEL PROCESSING:

Run it so you are feeding the bank items he is resisting. This is to give the P.C. enough insight and understanding into his various problems so that he'll let go of some of his most cherished problems and get on with processing.

That's why we have SOP 8L as a slight variation and a part of SOP 8. It is addressed toward cases which start sliding down the line too far and which have to understand before they can BE.

It is the best method we have today for handling a resistive 5 and a step 4 case. FEED THE BANK ITEMS HE IS RESISTING. IN LOCKUP FORM!!!

We don't use SOP 8L to remedy anything in terms of energy. We use it just enough so that he'll see that he has to accept a certain level of being ill. We are in a society where it isn't polite to be well. A person has to have something wrong with him to be accepted.

Just start feeding your P.C. an acceptable level of illness. "Now just get an acceptable level of illness. Now put out the level of your own discomfort, your condition, until somebody shows up that it was acceptable to." THIS SURE TEACHES THEM ABOUT LIFE. He will find that all that was acceptable to grandma was sick people. She was sweet and sympathetic all the time when you were sick. But she sure didn't like well people. What was acceptable to father was to be worried. The only attention father ever gave him was when father was worried. "What's wrong? Did you hurt yourself?" So he got the idea that the answer was to make papa worried to get some attention. To demonstrate this: - "Be papa worried about the things papa was worried about." Then use "Q. and A."

Suddenly there is a backfire in the street and a squeel of brakes and this is the first time the P.C. showed any animation at all. He rushes to the window to see if somebody was hurt. An impact has happened so he could be sympathetic. By "Q. and A." BE the other person. Sympathy is mocking oneself up as the other person and if one does this expertly he THINKS he is getting the energy from the other person's illness. Operations are real tasty.

The way to be sympathetic is to mockup oneself as the other person. Impacts are sources of energy. He figures he'll get this by being the other person. Things resisted will be accepted. This is the ACCEPTANCE LEVEL OF THE P.C.

Run STEP 4 of SOP 8L. His condition as acceptable, other people's conditions as acceptable, and remedies as acceptable. Then try to find things REALLY ACCEPTABLE to him. The SOP 8 list of expanded GITA is very helpful. But there's one being printed in a later PAB which you will find even more shocking.

He learns that he resisted dirt. He resisted dirt until he couldn't have anything but dirt and so he stopped bathing. He has a concept, "DON'T BATHE."

Energy is good. Yet everybody says it is bad. Pain is bad. Brains; (no) dull brains. (no) dead brains. (no) Decayed brains crawling with maggots. (yes) THIS IS ACCEPTABLE!!! "It's so bad everywhere else - you have to look where

I tell you."

TAKE THE EXPANDED GITA LIST AND ASK - AND SIMPLY RUN

"What is acceptable in it?" "What is unacceptable in this list?" Find the acceptable form of each item on the list. You will find that some items have to be put into an incredibly bad form, from your viewpoint, before they are acceptable to your P.C.

You may find an appetite for excretia. Run it a few times and it is gone. Accept it. This is a level of food. When the person gets civilized he has some weird appetites.

He can solve why he never got along with certain people; with his parents. HE WAS UNWILLING TO GO DOWN TO ACCEPTANCE LEVEL OF HIS PARENTS AND THIS IS WHY HE WA REJECTED BY THEM! If he'd been sick, anemic, studious, obedient; or if she'd been a gaunt, sex starved female, they would have been acceptable to the family. The P.C. will say, "I wonder if that's why I am that sort of a person now?"
Run: What is acceptable to the parent and what is acceptable to him. His family problems have a tendency to vanish after this.

The most important things to run in SOP 8 - GITA - are: WASTING FIGHTING, WORK, PAIN, ADMIRATION. IN BRACKETS!!! FOR SELF, FOR OTHERS, BY OTHERS FOR OTHERS, BY SELF FOR OTHERS. EXPANDED GITA can be run just like that. These four are all that are really important to run. This will suddenly demonstrate to the P.C. that work is scarce and he wants to work; that pain is not unbearable and is even desirable, and it tells him that he has shunned admiration because he's seen it given away to too many unworthy objects, and it tells him he hates force because fighting is something he doesn't dare have. He comes out the other end of it as scrappy as a bantum. Then he gets mild and says, "Why fight - except maybe it might be excitir

WE PROCESS AT STEP LEVEL 4 ONLY TO TEACH HIM ABOUT LIFE. WE FEED HIM EXPLOSIONS AT CASE LEVEL 5 TO FEED THE BANK ENERGY. MOCKUPS AT CASE LEVEL 6 ARE AGAIN TO FEED THE BANK ENERGY.

Take the first three steps of SOP 8. If ONE of these is successful we do not have immediate starvation problem in the bank. We just run those off.

EXTRA LECTURE

THE HANDLING OF ANCHOR POINTS

ADMIRATION OF INSANITY would reduce the insanity if the person was very sane to start with, but it is too heavy to use with an insane person. Admiration is a fairly high level technique and should be used with unlimited techniques such as holding two corners of the room.

Society connects doing anything with the mind with insanity.

The beingness of a person is dependent to a large degree upon his communication ability. IF A PERSON CAN'T COMMUNICATE WELL HIS BEINGNESS IS SLIGHT.

A writer starts out in the early part of his career in a beautiful communication state. After he's been at it a few years he starts to write on his experience. He is no longer really communicating. He's carrying on with a formula. HIS ABILITY TO COMMUNICATE CAN BE PICKED UP WITH THESE TECHNIQUES.

The reaction time and perception ability of jet pilots could be speeded up so much with SOP 8 they could adequately protect the country against an incoming force of atom bombers. Air force training reduces reaction time because of regimentation and changing their place in space without their consent.

These techniques should not just be used to make the insane more sane. LET'S MAKE THE SANE MORE SANE! We can do much more good by improving those who are running our society and who are integral working units of our society.

But let's not worry about society as a whole. Let's take a little unit - A family. EXAMPLE: - A standard family. Father works, mother works around the house, and they have a 5 year old boy named Johnny.

Johnny can't concentrate. He goes into screaming tantrums, he fades away, he fights with other children, he's continually in trouble, he can't remember what happened. This whole family is going to pieces because of Johnny.

TAKE JOHNNY AND SOP 8 HIM:

"Be three feet back of your head. Now take a look at your body. What's hurting your body? Oh, that is! Well remove that energy and throw it away. That's fine! Now let's mock you up killing a couple of dragons. Now let's have you sitting in the center of the sun."- - - And the kid's alright. Now the family all of a sudden can relax.

AT THE LEVEL OF JOHNNY YOU HAVE YOUR EASIEST PRECLEAR!!!

ONE OF OUR GOALS IS SHIFTING PUBLIC ORIENTATION ABOUT THINKINGNESS. THIS CAN ONLY BE DONE WHEN YOU CAN CREATE A VERY FAST EFFECT UPON SANE AND ABLE PEOPLE. THIS CAN BEST BE DONE WHEN YOU PROCESS PEOPLE IN GROUPS RATHER THAN INDIVIDUALLY.

We have achieved something that can produce a fast enough effect on an individual and on a group to shift public orientation from "Anybody who thinks about the mind is therefore crazy." By producing such effects we can arrest a dwindling spiral of an entire culture.

When an auditor says he would like to do this but doesn't know how to get the people to come into a group - you have a person who is unwilling to take someone else's mockup. He needs step 1 through 5, of SOP 8 run on him.

A Theten loves to put up mockups. A little bit lower, he has to take other people's mockups. (Eating an egg is taking a hen's mockup.)

People with stomach trouble are unable to take another's mockup - the mockup of a pig or hen - much less a human being's mockup.

All these things echo in the mockery at the bottom of the scale and there comes

a point where a fellow knows he can't have a mockup and gets into a terrific compulsion about having to steal a mockup. He can't own one so he starts stealing one. That insanity is criminality.

Life always has sort of a sneering, ridiculing, bottom side tone scale going. So whatever somebody does at the top of the tone scale always has an irritating mockery at the bottom.

There is such a thing as FRIEND HIP, but THERE IS A MOCKERY OF THIS AT THE BOTTOM OF THE SCALE: The salesman who greasily and insinuatingly informs you he is your friend and then sells you a car without pistons. This is the level where friendship is being used and employed, but doesn't really exist. These people can be distinguished by their vast physiological difficulties.

High on the tone scale there is another aspect of difficulty in taking someone else's mockup. Perception difficulties are simply an unwillingness to accept the pattern of light rays coming from a person - which themselves form mockups.

The light hits Joe and then goes out. At each motion (1/c you have another Joe in mockup form going out through the air. This large number of individual mockups gives the impression of a continuous mockup of Joe. Now a person with bad perception knows he doesn't dare take a mockup of Joe. This is all that is flowing from Joe to him so he puts up a screen - he wears glasses because he can't have a mockup of Joe.

This is a gradient scale. A little higher this person would think for awhile whether or not to accept Joe as a good friend.

Higher he would think Joe should be or shouldn't be a part of this group. Here he is thinking about this mass called Joe, not the mockups of Joe.

HEARING results from a complex pattern of sound waves. Never-the-less, every one of those sound waves is simply a mockup of the uttered wave. All the way through the air is vibrating in exactly the same pattern as the voice box vibrated. That is a mockup of the voice box. The ear then has to receive and re-mock the voice box in order to create the sound again in terms of hearing. Every word uttered is thus a mockup.

Hence, we have the MEST universe duplicating and sending forward a mockup.

An inability to face the idea of pulling people together for group processing, therefore, is an inability or an unwillingness to take other people's mockups. If you process this out of somebody all of a sudden he'll have friends over to the house, he'll be perfectly willing to take people off the street for group processing. and he'll get hold of preclears.

Your effort to restore the self determinism of another person can go down tone scale to being unwilling to take away from him some of his aberations if you agree that they are sacred. In the extreme this can be a complete unwillingness to change anybody else's mind about anything. This would be defining self determinism as "existing state."

Also, not acquiring as much MEST as you'd like is unwillingness to pick up mockups when they're all over the place.

ONE OF THE CENTRAL THINGS PARENTS DO: "The child must feel gratitude for all the work expended upon him. He must be grateful!"

The funny part of it is THE ONLY REAL REWARD THERE IS FOR EXERTING EFFORT IS THE PLEASURE OF EXERTING EFFORT!!! If people don't get pleasure in exerting the effort then they certainly will never get paid for it. Because THAT'S REALLY THE ONLY PAY THERE IS!!!

Parents frequently exert the effort of raising the child and then say: "Now you must be grateful. I went through so much. Birth was so terrible. And your

father worked and slaved. And we did without everything so that you could go to school - - - - - ."

Little kids get crushed. They get frantic because the kid can't contribute anything in return for all the parent's mockups.

A little baby becomes quite happy if you will just let him give you a story book or a shoe or an old rock or something. HE WILL BRIGHTEN RIGHT UP IF YOU TAKE WHAT HE HANDS YOU.

One of the greatest aberrations of our society is the indoctrination that the person who takes things is "a dog." This is shown by an unwillingness of parents to take anything from the child, the young man, the adult. They won't take anything back so one has to be grateful. But how can one be grateful? They won't take mockups or money, thanks or apologies are not enough - - - -. "I'm sorry that birth ruined you - - - -." No good.

As time goes on the person will become more and more frantic because HE HASN'T BEEN ABLE TO GET THEM TO TAKE ANYTHING! He feels so deeply indebted on all fronts because he can't hand out a mockup in any direction whatsoever.

The way for a pre clear to get full revenge on his parents is to give them something too valuable for them to refuse. Like several thousand dollars or a new house.

ANXIETY is that state of worry or beingness that one enters when one finds oneself unable to determine whether he should put out or pull in an anchor point.

If you run putting out, pulling in anchor points on a P.C. - back and forth, back and forth, - all of a sudden he'll start to get anxious.

HORROR is just down scale from anxiety. "Formula H" actually stands for horror and use of that formula will run out horror.

HORROR is an inability to reach or withdraw, grasp or let go.

You start running this on a person in brackets and all of a sudden he finds himself rigid with horror. And then many locks will come off. Next, the deepest part of some somatic will showup.

The deepest moment of an impact is the complete lock up of cannot reach or withdraw, grasp or let go. The emotion which accompanies this is FROZEN HORROR.

Horror is different than fear. FEAR is the action of dispersing or getting away or putting out anchor points rapidly.

If you teach somebody he shouldn't be afraid he will get so he doesn't dare let an anchor point go away from him. Every time he loses something he becomes afraid because this is an anchor point going away. This is just one portion of a dispersal.

If a parent keeps talking about being pinned down utterly and all his money was spent to send Junior to college - just ask him: "Why didn't you make some more dough?" That's within his level of determinism.

A person who is employed and can't accept other people's mockups will eventually become terribly anxious. He doesn't know whether to accept that pay check or not. He will become more and more anxious about his job and more and more sure he's going to be fired. All that's happening is that his work is going out and his pay check is comming in. He gets so he doesn't know whether he ought to put out some work for that pay check or not. And he'll put out less and less work for that pay check and less and less work and the pay check will keep coming in and he'll fend it off more and more and the next thing you know he'll get himself fired. He'll go around and think and think and figure and figure how to get himself out of his state of anxiety - because he's on a "maybe." The "maybe" is just a wobble in and out of an anchor point.

IF A PERSON CAN'T ACCEPT ANCHOR POINTS, IF HE CAN'T ACCEPT MOCKUPS, HE ALSO WON'T BE ABLE TO ACCEPT PEOPLE. And the whole problem of interpersonal relationships will take on a sullen and grim tinge.

If you want to drive somebody batty come up to him and put your face right close to his and then no matter what he says or does keep looking at him and don't go away. He isn't listening to what you have to say. He isn't glad to have you there. He gets upset, embarrassed, and fidgety. All he can concentrate on is the G-- D--- mockup in front of him that won't go away.

When you have somebody who has stage fright, who gets embarrassed easily, who has a bad time of it in trying to talk to people or sell people that's what is wrong with him. All his life he hasn't been able to make anybody walk away from in front of him. So, instead of trying to send that mockup away from in front of him, trying to converse, trying to find out what it's all about, or enjoying the fact that there's this person in fron of him - all he can think about is, "How am I going to get rid of this person?"

TECHNIQUE: - To resolve this, have the P.C. mockup people or mockup anything (kid's blocks, etc.) and just throw them away from him. Just keep throwing them away from him. Just keep throwing them away and throwing them away. Make people walk away from him. He'll just sigh with relief.

A young actor will see an audience and be scared stiff the audience will stay there. He, also, is afraid the audience may suddenly jump up out of its chairs and swarm up on the stage. An actor may brace himself against this for years: The result being a very rigid stage presence. TO RESOLVE THIS RIGIDITY: Have the actor get the idea of everybody in the audience suddenly rushing up on the stage and eating him. Run this and other versions of it for awhile.

THIS IS JUST A PROBLEM OF SPACE. A person gets an idea of relative spaces and then says: I've got to have this much space. A plainsman will feel he needs much more space than a city dweller.

REACTION TIME is established by willingness to put out anchor points and by willingness to receive anchor points.

People see something happen and then they immediately pull it into something that "could happen." Each person pulls it over further into their own agreement. It will be as much removed from the original as it was incredible to begin with.

Demonstration techniques and group techniques which show a group something can happen are, therefore, of tremendous benefit. These people will then have a subjective reality on what you are talking about.

To rapidly give a person you are talking to subjective reality, say: "Now close your eyes and grab hold of the two back corners of the room behind you and sit there a minute without thinking." He'll be startled enough to do it. Something will happen. Then you say: "That's Scientology. Now, we're going to talk about Scientology."

The acceptability of anchor points also depends on their form. When you start dealing with interpersonal relationships you have beauty and ugliness entering in and this again is on an agreement basis.

BEAUTY is something that is quite visible, easily perceived, brightly colored so that there isn't enough clash to make it imperceptible.

UGLINESS is something which is imperceptible, but which exists. Or its perceptibility is in such a clash that the waves emanating from it are no consonant with ones own wave length.

Therefore, one might see a gargabe can as something ugly or disagreeable; a pitch black, smoke filled night as being quite ugly and disagreeable; a London fog at night as being very ugly.

If a pretty girl really wants to be a pretty girl she just sets herself up as being tremendously perceptible. And the more perceptible she makes herself the prettier she looks. But this must be harmonized without too much overt motion or she's a "hussy!"

SUMMARY:

You can have any goal you wish in using these techniques. But realize that anchor points, space, and the interchange, handling, accepting, and giving of mockups, and interpersonal relations are all interrelated.

Your ability as an auditor to a very, very marked degree depends upon your willingness to give and receive anchor points with complete calm. An auditor who cannot do this goes into restimulation.

Current techniques are very unrestimulative compared to the older techniques. But just the same one can be restimulated. If one finds himself being restimulated there is only one really good answer to it. And that is improve his ability to put out and pull in anchor points. When this is improved he will improve his communications, his auditing, his tone, his interpersonal relations, and many other things.

We are dealing with a tremendous simplicity. Anchor points, the handling of.

LECTURE #7

SOP 8 - STEPS 1, 2, & 3

People have a certain thirst for complication and very often steps such as 1, 2, and 3 will be complicated by an auditor: Either in his understanding or in his application.

These steps are three of a kind. Any case that is going to exteriorize on on these 3 steps will do so in a very short space of time: From 5 to 20 minutes. Just give a quick run-down through the steps. If he's not out in a few minutes, give him step two. If the mockup of his body isn't clear, give him step three.

If a case is going to be rough he will take more than 20 to 30 minutes with a good auditor to exteriorize. You will find that he will plot a curve of exteriorization and then he can't get out, alternately. This is because he has such an energy starvation that he is incapable of putting out energy without restimulating something in the body. The second that this occurs you know you've got to remedy energy starvation one way or another and you are below the first three steps.

He'll be in his head and out, in and out. Now he's feeling better, now he's feeling horrible. Now a great deal better, etc. And he'll go over the humps on this for some weeks until he's finally feeling fine all the time. He gets to this state by remedying energy starvation.

We are breaking SOP 8 into two pieces. STEPS 1, 2, 3, and 4, 5, 6, and 7. There are two distinctly different types of cases. There is a gradient scale of cases, but it is convenient to make these two types. There is THE OCCLUDED CASE and the case who has GOOD RECALLS IN TERMS OF PERCEPTION. Also, below the OCCLUDED CASE is the case who recalls with vivid perception things that never happened. It is sarcastically called THE WIDE OPEN CASE. The wide open case is very frequently found at level 6 and 7.

EXTERIORIZATION AND RUN AWAY CASE:

You will find STEP 6 or 7 cases who can exteriorize or who are exteriorized, but who are mad as hatters inside or outside. Some cases present a perfectly sane aspect, but become roaring mad when you tell them to be 3 feet back of their head. They may take off into space leaving a limp and silent or a stiff body with no intention of coming back. (They can be coaxed back.)

THE SINGLE CHARACTERISTIC OF THIS CASE IS THAT IT ALLOWS IT TO BE EASILY IDENTIFIED IS CONSTANT CHATTER ABOUT HOW BAD THINGS ARE! They'll tell you bad occurances and horrible happenings.

EXAMPLE:

"When I was a little boy I was told that ants got into the skull. I never believed it, but the other day I saw a person that ants had crawled under the scalp and eaten the whole brain away."

Or, "I knew a fellow that when you touched him on the shoulder all of a sudden the whole shoulder caved in because he'd had cancer for years and hadn't known it. He died the next day."

This type seems to predominate in farming districts. But don't take an exterior manifestation. It might be a pretty, sweet looking girl or a nice, pleasant young man. But they will sit there and tell you how their Great Aunt Rebecca, at the age of 90, had the mumps and it rotted her jaws away. Such a case is delusory. They can't reason, don't reason, and they are antisocial.

At least 50% of the people who come in and sit down - no matter what their age - will exteriorize when you say, "Be 3 feet back of your head."

Sometimes you get the reaction, "Why?" "Well, it might be more comfortable outside." "You mean people are INSIDE their heads?"

"Be 3 feet back of your head." is much better than, "Push yourself out of your

head." You see, it's the difference between being in another location and moving to another location. "Moving" is use of energy and "being" is just another geographical location. It isn't necessary to use energy in this change of location.

An auditor doing SOP 8 and SOP 8L well delivers a tremendous conviction in terms of the public with which he is surrounded: Simply because HE CAN CHANGE OVER 50% OF THE PEOPLE HE PROCESSES FROM DARK TO LIGHT IN A VERY SHORT SPACE OF TIME! EXAMPLE OF PROCESSING A JUVENILE DELINQUENT:

"Be 3 feet back of your head. Now why are you being a bad boy? O.K. Can you change your mind about that? What do you have to pick up to be more agreeable to your parents? Oh, you don't want to be agreeable to your parents..... Well, what makes you unwilling to be agreeable to your parents and society at large? Alright, can you change your mind about it? (Yes.) Well, shift your postulates then."

He does. But he looks around at the same time and sees he's not the body. He's been kidding himself all this time. He sees what the situation is in relationship to this body. He suddenly becomes interested in the fact he has a couple of anchor points out and the body is depending for its electrical current on this and that..... YOU'VE GIVEN HIM A BRAND NEW WORLD! AFTER THAT HE HASN'T GOT TIME TO BE A BAD BOY. He goes home after this short session of 5 or 10 minutes and says, "Hi, Pop." He's always said, "Grrr!" before. So we have an altered behavior patter

You can do this often enough, if you care to, to carry a tremendous impact on the people around you. It doesn't require anything super - special in you. You just communicate with them that you want them 3 feet back of their heads and a very large percentage of the people you run into simply will be.

Of course, those people who are being difficult about it get more time from you: which is probably why they are being more difficult. Because they get hours of attention while the others only get a few minutes. This fellow's in good shape, though and he's happy and there's a lot of adventure in waiting for him. The other fellow is just going around getting a lot of beautiful sympathy for being very abberated.

The first time a P.C. uses energy to push himself out of his head or inadvertently does this as he moves out of his head there aren't any agitated deposits in the vicinity of his head. But then these deposits are restimulated to a sort of gluey consistency and he gets the idea he's fixed in his head.

Very often an occluded case will exteriorize with a great deal of certainty if you say, "Where would you like to be? O.K. Be there." He may look around his old homestead and suddenly discover it isn't the same as it used to be.

But then you start to operate them close to the body where the energy patterns are and the energy lumps, blocks, and goes into restimulation. They get the idea they can't move: Because, of course, you can't move when you're all surrounded by stickiness. THIS CONDITION IS PRESENT TO THE DEGREE THAT THE INDIVIDUAL DOESN'T HAVE SONIC RECALL BECAUSE THIS IS BASED ON AN EXPLOSION.

STEPS 1, 2, and 3 may have to be repeated if it takes you too long to do it. If it happens immediately you won't have to worry much about the case. But the case may have to do a lot of work outside the body.

If a P.C. tells you, "Yes, I am up there." or, "My Thetan is up there." you can be sure he isn't exteriorized. The immediate response of an exteriorized viewpoint is, "My body is down there."

CYCLE OF ACTION PROCESSING:

The P.C. merely mocksup the end of all the cycles of action he has started.

People hang up in the middle of a cycle of action when they don't complete it. The fellow who is on the road some place and runs into a truck doesn't get to his destination.

Have the P.C. finish off cycles of action in mockups. Things which he had wanted to do in his life and had never been able to do.

Persons who feel that they will be stopped in anything they start to do will

be in apathy whether they are exteriorized or not. This can be produced by stopping anything he wishes to do, squelching all ambitions, etc.

Such a person could start to get well (i.e. exteriorize) but not finish any further action until gotten out of the conviction that he would be stopped in all action.

If it takes longer than half an hour to make a Theta Clear get ready to slug. Those you make in 15, 20, or 30 minutes are going to be stable and stay that way for quite awhile. They have a tendancy, however, to be over ambitious and get adventurous. Being involved in a heavy explosion will be too big a contest for them, initially. They'll figure they can't make as big an explosion as the MEST universe and hence are no good, or decide they've been blown up.

THIS LEVEL IS WHERE POSTULATE CHANGING BELONGS. Changing postulates in a case level 4 or 5 is a waste of time. Lack of energy is what's bothering these people. Their force potential is increased and they will feel fine and very forceful for a while after a postulate is changed. But they are still inside the body and when they start to emanate energy the whole bank is excited. So they stick and decide that they can't do anything further. You could go up the line with postulate processing since there is a net gain each time this cycle occurs, but it is a very flat curve. They can think better. They feel better. But they know there's a place to get to on the tone scale and they're not getting there very fast.

When you get a P.C. exteriorized in step one and are going on with the drill, You'll do better to not immediately ask him to look at the body. You occassionally get a STEP 3 that looks at the body and pops right in again. HE ACTED LIKE A STEP 1 UNTIL YOU ASKED HIM TO LOOK AT HIS BODY.

THERE IS NO SPECIAL SIGNIFICANCE TO "BE 3 FEET BEHIND THE HEAD." It's just a handy distance. It's better than one foot. Six miles is better except you lose track of your P.C. BE SURE TO COMMUNICATE WITH YOUR P.C. AND GET HIM TO TELL YOU WHAT HE IS DOING.

EXAMPLE OF STEP ONE DRILL:

Be three feet back of your head. (Alright.) Now let's be across the street where the sun's coming in. (Yes.) There's a garbage can over there. Now be in the garbage can. (Well ----, Yes.) Now sit down on top of one of those passing cars. (Sure.) Alright. Now let's sit up on the generator housing and listen to the generator. (Sure.) Now let's be in the center of the sun. (Yep.) O.K. Now let's be up in the corner of the room. (Sure.) Alright. Now put yourself where you'd like to have yourself in relationship to your body. (O.K. Gee! Well, you know, life's pretty good. etc.) You suddenly find he is a very changed person.

Or, if he has some chronic somatic, after you have drilled him as above, you say: Reach over and touch the affected limb or area of the body. (Yes.) Alright. Do you see any pinched nerves or anything you'd like to straighten out? (Yeah. You know this is real interesting. I've always heard doctors of anatomy talk about these things, but I hadn't ever realized it was like they said. Gee whiz! Look at all these tendons. Yeah. There's a nerve.) Well, straighten it out. (Well, I just did! There's another little black piece of energy out here. Now let me get that off.) O.K. You've got that? (Yeah) That's fine. Alright. Now let's straighten out the joint a bit and see if that's going along fine. (Yeah.) Now is there anything else you'd like to do to the body? (Well, I've always had headaches. Just a minute. O.K.) Now is there anything else you'd like to do? (No.) O.K. - END OF SESSION.

The guy walks out and he's walking! He wasn't before. It's no tougher than that and you use the pattern just as above.

THE P.C. KNOWS MORE ABOUT HIS ANATOMY THAN ANYONE ELSE. DON'T TRY TO TELL HIM HOW TO FIX IT UP. HE KNOWS HOW! JUST ASK HIM TO DO IT. THIS IS PROCESSING OF PSYCHOSOMATIC ILLS AT ITS OPTIMUM.

ALL THE OTHER STEPS OF SOP 8 ARE ONLY NECESSARY BECAUSE WE CAN'T GET THIS OPTIMUM OPERATION INSTANTLY IN ALL P.Cs. WE CAN ONLY GET IT IN ABOUT 50% OF THEM.

This percentage will vary for different age brackets. It is fairly safe to assume that cases below the age of eighteen are much easier and more responsive than cases above that age. This is just a rough approximation, not statistics.

You can expect that there will only be a 10 to 15% chance that a 50 year old person who walks in will be an immediate STEP I. BUT DON'T NEGLECT THE FACT THAT HE MAY BE ONE!!!

DON'T EVER ASSUME THAT A CASE IS GOING TO BE DIFFICULT UNTIL YOU'VE AT LEAST GONE THROUGH THE FIRST THREE STEPS!!!

It doesn't take any time to do this and after you've gone past step 3 you know what's wrong with him. EXPLOSIONS! But if he's real bad off all you can do for him is get him to contact a little reality. These are the effective techniques.

A good test of step level is: Can he mockup his childhood home? If he can mock it up with great ease he's probably still there. One method of getting him out of there is to have him reach and withdraw from it and get the childhood home reaching and withdrawing from him. This will free him.

GEOGRAPHICAL LOCATIONS:

Theta places things in space and time and creates the space and time in which to place things. The precision of being able to place a point is a direct index of neurosis. A person's belief in where he is is tremendously important to his sanity.

A PERSON CAN BE EVALUATED FOR ONLY BY THOSE PEOPLE WHO HAVE CHANGED HIS POSITION IN SPACE CONTINUOUSLY AND REPEATEDLY.

A drill Sergeant changes soldiers' position in space to the point where, when he tells them to get up and charge into a hail of steel, they do.

This is evaluation, and evaluation doesn't exist unless change in space has existed priorly. Your P.C. is upset about this simply because they have upset him about change in space.

Change in space is important because that thing which he can't perceive, he has to think about. If he can't go to a place, he has to suppose about that place. He mocks it up: How he thinks it is. There is the first echolon of thinkingness. Also, this is the first picture which later on expands to include all language.

He supposes what it looks like, at the level of resistive 5, to the degree that when you ask him to exteriorize by scenery, all he does is mockup what he supposes it to be. This is fine. Just keep him doing this because each time he mocks something up he is creating energy and feeding a starved bank. Eventually he will get enough energy so that he can move actual things under him. This must be continued for some time before this occurs, however.

Your low level case, therefore, just can't be in various geographical places. The truth of the matter is, he's been blown out of too many of them by explosions. Or he's blown too many people out of them with explosions that kick back on him. He's been real active. He finally runs out of places to be even in his bank. There is a scarcity of places to be. Of viewpoints.

The general scarcity gets to be such that as he looks back into the past it's all OCCLUDED. He has a tremendous scarcity of past because THE ONE PLACE HE CAN'T BE IS WHERE HE HAS BEEN IN THE PAST.

IF YOU SEND HIM AROUND IN VARIOUS PROHIBITED SPACES FOR AWHILE HE WILL EXTERIORIZE. And if he stays away from the body he won't get trapped again. He will be in again as soon as he comes near it due to the energy deposits around it.

With a person who can't move out of his body we get many other manifestations. Ask him quickly, "What do you think the room is full of?" (Oh, nothing.) "Well, are there any dark corners that you see anywhere in the room?" (Well, that corner looks sort of dark.) "What do you think is in that corner over there?" (Mother.)

He goes around all the time thinking someone is around. This is the level of delusion on the thing. But he's too sane to admit that this is the case. He is in

a state where he can't be in various places in the material universe, much less making universes of his own.

WE HAVE A GRADIENT SCALE IN SOP 8 OF INABILITY TO BE PLACES:

A STEP I is cocky. Able to be anyplace. STEP 2, not quite. A STEP 3 could be some place if he had enough space of his own. But he doesn't doubt that he can have space of his own. So you use STEP 3 - SPACATION - to give him some space. He is willing to exteriorize because he knows he can make some space if he is chased out of some MEST universe space.

STEP 2 has just a little bit of concern over how the body looks. Papa or Mama or others have told him he is ugly. This gets extreme in CASE LEVEL 5. He really thinks he is homely. He's worried about his looks. He can look in a mirror, but doesn't quite trust that mirror. It may be telling him lies.

A STEP 2 has this just faintly. He's a little bit uncertain about how the body looks. You just tell him to mockup the body a few times. He'll get the feeling of mockery, of ridicule.

RIDICULE is holding somebody's anchor points out away from him and not letting him have them back.

TO RUN OUT A BROKEN MARRIAGE OR ROMANCE:

Mockup the other man or the other woman (in the case of a girl who has just been divorced) holding the former partner away. Just let the mockup stand there and hold.

This person will squirm!! They'll get embarassed, and twist. Then, finally, they'll say, "So what? There are a lot of mockups."

Their attention just got fixed on one mockup. That was their trouble. They didn't realize there are two and a half billion human mockups on this world. That's a lot of mockups. And more coming along all the time.

The STEP 2 is afraid he will be ridiculed if he does something different or strange like going outside. So just get him to mockup a body out there several times. This also resolves a slight body scarcity. He gets the idea that if he could make this body he could make another one too. But don't keep this up, and don't do it at all if the body he mocksup is not brilliant in color, clear, and three dimentional.

If he doesn't do STEP I instantly say, "Alright. Now mockup your body. What kind of a mockup is it?" If he says, "I've got an idea it's there." he's a STEP 5. Skip it and go on to step 3.

If the mockup he gets is clear and feels like it has a body it it, have him mockup his body a few times. Suddenly he'll be standing in back looking at his body and maybe mocking up a body in front of it and comparing the two. DON'T MISS THIS! ASK HIM, "WHERE RE YOU NOW IN RELATION TO YOUR BODY?"

If there was a great deal of blackness around him and you just kept him mocking up bodies on and on and on there is some possibility he might get kind of spinny: Because you might be dealing with a "What wall?" So for caution's sake, just do it a few times.

If he isn't exteriorized after step 2 tell him to hold onto the two back corners of the room. THE REASON YOU SAY THE TWO BACK CORNERS IS THAT THIS IMMEDIATELY HITS HIM WITH EVERYTHING IN FRONT OF HIM. He's never held the space in front of him before and this has a tendency to completely unsettle his thinking pattern.

Holding the back two corners of the room will eventually exteriorize him. When this happens, go back to step 1 and ask him to be in various places. Then have him patch up the body to remove chronic somatics.

If necessary, have him do mockups outside the body until he finishes all cycles of action. Finally, when he is outside the body, get him to the point where he can just get beautiful explosions with full sonic. He's really clear when he does that because nothing can trap him after that.

LECTURE #8

SHORT 8 - GROUP PROCESSING

We have in SOP 8 a tremendous number of techniques. I'm actually giving you SOP 8L and giving you a way to break down SOP 8.

You can use SOP 8 just as it is written. The only change that you would make on 16-G is: To use brackets. For self, another for himself, others for others. Waste and accept in brackets in STEP 4 of SOP 8. This is the only difference in SOP 8L.

EXAMPLE:

To get rid of a peanut allergy: Have him throw them in the mud (in mockups) for himself. Somebody else wastes peanuts. (throws them in the mud.) for himself. Others waste peanuts by throwing them in the mud for others.

A chronic somatic exists because he is on a "maybe" as to whether or not he can or can't have it. He feels he has it but he doesn't have it so he keeps talking about it. By wasting and accepting, it will cease to be. Run it "Something or Nothing" as an easier way. "Q. & A." is still easier. The answer to a Somatic is A Somatic. The answer to the question, "What is this somatic?" is "this somatic."

It is necessary to waste what a person can't have until he can have it. This is the way to knock out allergies. (Peanuts, etc.) CHRONIC SOMATIC: The answer to a Chronic Somatic is the chronic somatic. Q. & A. (Question and Answer)

SOP 8 is safe. The comparative level of the abuse with SOP 8 would be striking the P.C. We can guarantee SOP 8 just as we can guarantee people's conduct right up to the point where people occassionally strike people. These techniques won't slip. The P.C. is NOT at the mercy of the auditor with SOP 8. He IS in RUNNING ENGRAMS.

Cases advance on little energy jumps. You don't hit these jumps often because these jumps are dependent on Energy Accumulation. You can be sure in a brand new group that you will have somebody that will get a big boost on this, that will hit one of these jumps. DON'T MISS THIS EXERCIZE!!! START WITH IT!!! ALWAYS!!! This is a subjective technique.

STEP A - NEXT TO LAST LIST IN "SELF ANALYSIS." Use next to last list of Self Analysis. This is the best way to break a neurosis.

FORGET ABOUT THE TIMES GIVEN FOR STEPS IN 16G. LEAVE IT UP TO THE AUDITOR'S DISCRETION ENTIRELY. The group will respond as an organism rather than as an individual.

If you will look at the group you are auditing you can easily tell when to change the step. A group has a life of its own. It is an organism and responds as such. You don't get so many individual differences. A group and an organism have additions and subtractions. This is an independent life. It is not dependent on individuals. Individuals will respond differently than they responded as a part of the group. A man will feel he is a larger organism because he belongs to a group. He needs the group to make life wonderful. Homo-Sapiens cannot stand alone. It is when he thinks he isn't needed that he stops communication. When a fellow feels he can no longer have human beings, and human beings don't need him any more, that's when Homo Sapiens start to fall apart. You tell a crazy Homo Sapien he can help someone and he realizes an exchange of anchor points because he feels that he is necessary. This may pull him right out of it.

You will observe that some individuals will complain when they are outside the group while they are pleased as a member of the group. One thing you will observe in group processing. Your group behaves as a group and they actually will move up tone scale as a group. They will also change radically as individuals within the group. But you're running the same process on a group of people and you're going to get a response which is tremendously interesting but which is a different manifestation than individual processing.

DROP ANCHOR POINTS IN THE TWO BACK ENDS OF THE ROOM AND OWN THE SPACE IN THE WHOLE ROOM WHEN PROCESSING. This will make the difference between white and black in the results you will get in group processing. Be sure your voice is reaching the whole room. Don't hold a book right in front of your nose. Put all people who look like they have a hearing strain in the front. You can tell when a group is responding as a whole. LOOK AT THEIR FACES. Operate according to expressions on the faces of the people in the group; - not according to a stop watch. LOOK AT THEM. There are always 4 or 5 "slows" in a group of 30. You can't audit out of a book. It's much more impressive if you don't read out of a book. It's alright to have it in your hands, but don't move the book and your lips back and forth.

Break the group into two parts by a show of hands in SHORT 8. Have two rooms. Put "slows" into another group. This is so they don't get ridden over rough shod.

STEP B - EXAMINING AND COMPARING TWO SIMILAR MEST OBJECTS:

Get the differences between two MEST objects and/or spaces. Do this until the group is bored with it. Not very long. Not by a watch. LOOK AT THE GROUP. Do it fairly rapidly.

EXAMPLE:

Get the difference between the two (similar) lights. The two legs of that table. The two (similar) curtains. The two spaces in those two corners. etc. Two stars on that flag. Two stripes on that flag. This corner of (object) and that corner of (same object.)

What happens? You are providing a beautiful means of getting P.Cs. to look:- Matched terminal energy. What happens to people when we do this? A lot of people start in by running "class" of difference. You ask them to get the two differences of the corners of the platform and they'll start to get the difference of the class of the two corners of the platform. They actually will not look at the two corners of the platform at all. You are providing a beautiful method of getting people to look, and at the same time are getting a little charge off the MEST universe. Because it's the universe matched terminaling. He (P.C.) is working very hard trying to hold the MEST universe apart. The MEST universe is holding itself apart. When he finds this out he is quite relieved. That's the process: That's its whole aim. Maximal effect on this is obtained in 3 to 4 minutes, according to Mr. Hubbard's recent experience.

STEP C - WASTING, ACCEPTING

A heavier process is to waste "WORK" in brackets. Just do this during one pass through on groups.

Waste "FIGHTING" the next time around, in brackets. One item each time is enough to get easy results. DON'T WASTE ADMIRATION WITH A GROUP. TOO HEAVY!!!

The only dangerous spot we have in SHORT 8 is STEP C. OMIT STEP C IF THERE IS ANY POSSIBILITY OF SOMETHING GOING WRONG, IF YOU FEEL AT ALL UNEASY OR WORRIED ABOUT YOUR AUDIENCE.

USE STEP D (Self Analysis) IF YOU USED STEP C. DON'T USE D IF YOU DID NOT USE C. THE PURPOSE OF D IS TO FOLLOW C AT THIS POINT.

STEP E * DUPLICATION:

You can keep this up for a long time; as long as you use MEST eyes. It is practically impossible for some P.Cs. to put up another mockup beside the MEST object. Keep them doing it no matter how pale, thin, or scrawny their mockups may be.

The first thing that happens to them is "this" thing really gets solid. You tell him to mockup an object. Instead of him mocking up an object, the real object takes its place: Because the P.C. has the idea that the whole MEST universe is thirsty for energy. And their stuff goes straight into the MEST universe object because they have the MEST universe object mocked up. So two of their mockups are

out here. NOT one. TWO!!! And so they just go get it. Keep it up and eventually they will start to get a duplicate.

Using MEST eyes is more favorable for groups. Don't be afraid to move. Point and make gestures for the group. "Right along side this (point with your hand) make a duplicate mockup."

Then, "With your eyes closed, put a mockup of the ceiling along side the ceiling. We don't care how you do this." Request the group to duplicate things they are certain are there. Get farther and farther from home. You are giving him a certainty each time. Certainty processing on exteriorization. This is the best way of curing the person who is continuously pulling up facsimiles when exteriorized by scenery.

The ability to duplicate is an index of willingness or ability to go back to geographical locations. A person has to be as super-original as he can't go back to where he has been any more. Impacts drive a person away from where the impact occured and from having been some place: Besides adding energy to the bank. These two facts will be integrated. He can't be there any more. FEAR!!! The person who can't duplicate is fidgety, bored. This technique will exteriorize a P.C. easily without any difficulty. He can't have a place so he has to build it in his own mind. DELUSION!!! The person can't have a place so he has to mockup his own place. This is the WIDE OPEN CASE.

STEP F - HOLDING CORNERS

"Close your eyes. Reach for the two corners of the room above and behind you and don't think. Get interested in them." This is making space: If held long enough it would run out all the bank. THE MAIN GOAL IS TO GET THE P.Cs. IN PRESENT TIME. When this is used in individual processing the individual will frequently exteriorize and find himself in the corner. When too many in the group get restless in this, go to the next step. This is SOP 8 - STEP 3.

STEP G - EXTERIORIZATION BY SCENERY

Have them move scenery under them. This will get them to mockup even if they don't exteriorize. He is translating a perception impression of his environment: To get himself oriented cautiously. Have him do duplications of a lot of places he doesn't dare be. He doesn't remember where they are. Send him around a few times until he starts to flinch. Mockup the things he flinches at a few times until he can go into it easily.

Keep him pulling things under him no matter how long it takes until he isn't just pulling things under him by using his facsimiles. This is exteriorization by scenery. A lot of people will simply exteriorize. Some will pull only facsimiles under themselves. These will have to continue pulling facsimiles under them until they have enough energy built up to pull places under them.

STEP J - OTHER VIEW POINTS:

This is the only group therapy way of getting a slant of somebody else's universe. Have someone look out of a window. Tell the group collectively to get the idea of what he is looking at. Get the idea of looking at the room from the ceiling, from the window, from the corner, etc. This breaks up not knowing how things (MEST OBJECTS) think, look at life, see things. When we ask the group to assume another person's viewpoint WE WANT TO KNOW WHAT OBJECTS THE OTHER VIEWPOINT'S EYES ARE SEEING! NOT WHAT THE VIEWPOINT IS THINKING.

Every person walking around in this universe looks at and sees the same thing. Everything looks like the same thing to every person present. This lets them get the idea of what things look like from another viewpoint. He will suddenly see that others see things the same way he does. They may THINK differently; but they SEE the same. This is REALITY ON THE THIRD UNIVERSE. THIS IS THE GOAL OF THIS STEP

Any time you use a technique that makes them think, immediately follow it with an unlimited technique that makes them look. BUILD UP CERTAINTY! SELF ANALYSIS!

LECTURE #9

SIX STEPS TO BETTER BEINGNESS

These techniques are designed to take P.Cs. attention OFF HIS BODY and put it ON THE ENVIRONMENT. To change an introvert into an extrovert. Introversion is what is wrong with the person. AN INTROVERTED PERSON IS LOOKING INTO HIMSELF. AN EXTROVERTED PERSON IS LOOKING OUT FROM HIMSELF TO THE ENVIRONMENT. All people are on a gradient scale of introversion and extroversion. It is optimum in this society at this time to have 80% of one's attention on himself and 20% two or three feet from his nose. He is then considered highly acceptable to society because he is apathetic and can be handled by his environment. WE WANT A MAXIMUM OF 2% INTROVERSION AND 98% EXTROVERSION. We want the fellow to keep a finger on his body so that it doesn't run away. Bodies are obedient. WE DON'T HAVE TO WORK HARD TO MANAGE THE BODY OR TO SURVIVE. The harder a person works to survive the less he will survive.

A TECHNIQUE IS OPTIMUM WHEN IT PRODUCES MAXIMUM AMOUNT OF EXTROVERSION IN THE MINIMUM AMOUNT OF TIME. THIS EXTROVERSION IS OPTIMUM IF IT IS STABLE. Of course if you walk up to anybody being processed, hit him in the face with a baseball bat, he will introvert. He will look at where he's been hit with a baseball bat. A person starts with anchor points way out. They get closer and closer.

The eight dynamics contain an expanding perimeter.

#8 includes all space in the MEST universe.
#7 includes all spirit - beingness - anchor points into ultimate of life.
#6 includes all energy, motion, and form there is in the MEST universe.
#5 includes all life.
#4 includes all man.
#3 includes all of group.
#2 includes sex and continuation as children.
#1 includes you. (self)

You can fall off any one of these eight dynamics. Each dynamic has a reducing perimeter.

You can ask a P.C. how far he can reach from himself. If the P.C. is in bad shape, he can't reach very far: Neither can he touch such things as work, physically. An inability to handle effort.

THE HANDLING OF EFFORT IS AN ENJOYABLE THING THAT GIVES PLEASURE. The unwillingness to handle effort is what is wrong with people. It is destroying the culture of man. Ask a psychotic to reach two feet from him and he will begin the course of his upward line.

There is a direct relationship between the amount of space embraced by the individual and his alertness, ability to move, act, react, think, and create. There is also a direct relationship between the amount of space that a person can occupy with his anchor points and his sanity. A low toned person will fight to take someone else's space. He is SPACE HUNGRY. He tries to take someone else's space when he thinks he is running out of space. Space is treated by the individual as a commodity. When a person thinks he's running out of space he gets in bad condition. While they don't consider space - or lack of it - they are happy. The cooperative ownership of space is a very difficult thing. Where ownership enters you have a computation that someone else can take your space so he puts a barbed wire fence around his space.

If you put someone in a small space and supress white or light it will really push down his anchor points and he will become "normal." Because space is formed by expanding anchor points. When you read, you supress white and let the black in. The mystery of blackness is "What is the significance of that explosion?"

TWO CONDITIONS:
1) BETRAYAL. Anchor points driven in. This is the predominant, the one people like best.
2) RIDICULE. Anchor points driven out.

Space is terribly valuable and yet people can't have space because if they had space they'd be ridiculed.

A LIMIT TO SIX STEPS TO BETTER BEINGNESS IS: Don't give a person way down on the tone scale TEN MINUTES OF NOTHING. It is too rough for the NEUROTIC LEVEL.

Getting nothing is really very, very satisfying. The P.C. is quite surprised the first time he really gets nothing. It takes several passes through before most P.Cs. will eliminate something from nothing. The whole future of the stomach depends on its having something.

If you were to run nothing else but this one little technique it would eventually produce all the desired results. This is true with any one of these six steps. You don't get an introvert - extrovert shift by just running one, however. This shift is desirable because it changes the aspect of the case if done in that way.

"QUESTION ANDANSWER" can be used on ten minutes of nothing.

"Get all the nothingness around the body as a question. Get all the nothingness IN the body as an answer.

"Get the solidity of the body as a question. Fill in all space around the body SOLIDLY as the answer."

1) TEN MINUTES OF NOTHING:

Just let go of everything. It is not ten minutes of no room or body. It is ten minutes without THOUGHT too. On nothingness people very often get quite sick of their stomach. Major decline.

2) DUPLICATION:

Make another table along side that one. If he can't make the same table, use this step a lot. If he has to keep making tables once he has made one, he has a compulsion. Have him change the size by gradient scale.

If he can't go back he can't return: So he must be something different. He can't be the same thing because he can't be in the same place. He can't go back to the same place; geographical locations. If there are places a person can't put out his anchor points then there are places he can't be: He can't duplicate them: So run duplication and places where he can't be will show up. Duplications are efforts to put out anchor points. Here he has internal duplication because mockups are in the head, but eventually he will be extroverted.

3) SPACATION:

"Reach for the two corners of the room above and behind you and don't think." This is really extroversion. Occasionally ask your P.C., "Have you got ahold of those corners?" Watch your P.C. His chin will gradually go back as his whole body relaxes if he is leaving his body. This step will produce exteriorization!! If he maintains rigidity he needs many mockups.

4) CONTACT:

"Reach out, pick up a glass, and put it down." If he thinks this didn't do anything, the glass wasn't real to him. "What in this room is really real to you? Go over and touch it. Let go of it. Pick it up. Get senses of it - pertaining to it." This will put his attention on the environment. It builds space by putting out anchor points. An extrovertive step.

5) SELF ANALYSIS:

We are back inside the person's head in this step. Use the next to the last list of "Self Analysis" as well as other lists. To improve this, have him put

up two mockups of each scene each time. This is putting out two anchor points. This is his own universe in operation.

3) OPPOSITE POLE (simple example of "Q. & A.")

This brings in the third universe. (The other person's universe.) Most people think more of what other people THINK than what they are SEEING. That's bad. "Q. & A." is the best way to rectify this.

Get somebody who is quite afraid of life in general and start to get geographical areas saying, "I'm going to betray you." and him saying, "Nothing there." He is putting out an anchor point. Above, behind, below, before, and on each side of him. Have each one, in turn, think, "I'm going to betray you." He thinks back, "Nothing there." Reaching and withdrawing, dito, back and forth from the geographical area. FORMULA 4.

A person is only concerned with being things when he can't be places. Being places is much senior to being things.

There are three little buttons.

1) I don't dare realize it.
2) I don't dare let it happen again.
3) I don't dare be there any more.

These are concepts. Any thought process is very secondary. The person with any one of these concepts doesn't dare realize how far into a complete artificiality he and the group with which he is associated has drifted. But if he were to sit down - this is therapy itself - and just start spotting complete irrelevant stupidity, he would be surprised because any reason that he finds anywhere would blow up. There isn't any reason about anything which will bear the test of facts. There are no reasons. "Q. AND A."

The auditors mind can enter more problems into the P.C. than the P.C. can solve in ages to come. The man who is being clever most of the time is being clever out of his engram bank. This is not being clever. He got introverted in the first place, searching the reactive mind for the "reason for." He got so interested in the problem of "the reason for" that he introverted.

When a Thetan became a body, it was because it became too interested in the body. He's forgotten how to be a Thetan. He's a body.

SIX STEPS TO BETTER BEINGNESS IS A TOP GROUP PROCESS. It finishes up on a step into the third universe. Out to the material universe, into the P.Cs. universe, dito, dito, dito, and finally into the third universe.

When auditing yourself, remember that you can get so interested in the reactive bank and the computations that you don't extrovert again. Limit yourself on time on each step. Go through this with rapidity. Put it up in front of you and run through it. If you find yourself coasting very far off on taking ten minutes of nothing you are introverting because you are too interested in the reactive bank. Go promptly to the next step. These techniques are excellent for alternate introversion, extroversion.

NONSCHEDULED TALK

CAUSE AND RESPONSIBILITY

Many people won't accept the simplicity of advanced process because they "know the mind is more complicated than that and have a very solid certainty on that. To alter this certainty is worth your life. Such impasse was reached when engrams became unimportant. He got worse and worse as he advanced deeper into causation instead of "reason why." GET THE DIFFERENCE!!! He advances further from the "reason why" (engrams) toward "cause." CAUSATION IS NOT THE REASON WHY. CAUSATION IS MOTIVATION.

People think cause is something in the past. The second you come up against somebody who believes implicitely that all cause is the reason why - you have somebody whose cause is in the past.

You must have excellent techniques to break through this case to the computation because that is the computation which is the aberrative computation and that is what you must break.

EXAMPLE:

Individual says, "I'm going to drink." He picks up a glass and takes a sip of the liquid in it. What is the cause of that drink? CAUSE was in the FUTURE of the ACTION; The statement, "I'm going to drink." This statement and/or thought; the decision to take a drink: That is the CAUSE of having taken the drink.

Your behavior NOW is motivated by what happened to you BEFORE. You can vary your behavior NOW by varying, by Dianetic Processing, what happened BEFORE, simply by eradicating its compulsive moment in the future.

That piece of energy floats up here in present time and then says, "do something." So a fellow does something. So there is COMPULSIVE CAUSE which is still in the FUTURE of the ACTION. It's just that engram floating out of place. It floats out of place because of ENERGY and SPACE starvation in PRESENT TIME. Then it says "do something", so even though it is painful, aberrative, etc., the energy is THERE. The ENERGY says, "Jump out the window." It (that piece of ENERGY) is in the present. It is not a piece of the past. It is a piece of ENERGY. So the fellow jumps out of the window to get that energy. THAT IS COMPULSIVE REACTIVE CAUSATION.

SANE CAUSATION:

An individual's statement that he is going to take a drink of liquid PRECEEDED the act of actually taking a drink of liquid. It looks like the second you start to take a drink - that CAUSE is in the PAST. So you get people who are INCAPABLE OF ACTION drifting into the PAST. He has to consider that the reason he is taking a drink is because he said so at sometime in the past. He needs no reason for taking a drink. It doesn't matter. HIS POSTULATE EVAPORATES IMMEDIATELY WITH THE ACTION AND ISN'T IN THE PAST ANY MORE. This is SANE CAUSATION.

CAUSE IS IN THE FUTURE

Any SANE CAUSE, at the moment it is being cause, is in the FUTURE of an action. When it drifts into the past it becomes "The reason for." Get the difference between the "reason for" and "Cause." CAUSE is ALWAYS with us, ALWAYS ACTIONABLE, and ALWAYS DEMONSTRATES IMMEDIATELY AFTER IT AN ACTION.

The ABERRATED CAUSE is what has gone before because he is so tremulous about what he is doing in present time that he has to assign responsibility to something else. So he assigns it to what has gone into the past. He can't take the responsibility for taking a drink at the moment he is taking a drink. He says, "I'm taking a drink because I said so." "I" in the past is another person.

This becomes so marked on a lot of cases that they cannot see themselves in the past except as other people. They can't be responsible for having been cause so they assign cause to something in the past. Then they say, "This is the reason for."

An individual is CAUSE DRINKING. He is not taking a drink "because" he postulated he would. Cause is with you at all times and in the future of any action you care to make. The "Reason for" is in the past. Such a person can't be responsible for having been cause.

An ACTION MOTIVATOR can only be in FRONT of the action. NOT BEHIND. A person is motivating action every instant if he is in good shape each instant. And, although those instants float away and become the past, he hasn't kept them.

That's how life gets spread out on a time track by the break-down of its causative impulse. (Losing cause.) It wouldn't have a time track if it wasn't retaining the "REASON WHY." The person who has had to admit his "fault" has, of course, said, "I am cause" for what happened in the past. But he can't go into the past to pick it up so he brings the past to him and he brings the whole causative package here. "The reason why" is what he brings up to the present. And there is the person getting an engram stuck in present time. He doesn't stick in the past. The engram sticks in the present.

RESPONSIBILITY is the ability to handle force and/or to respond. If a person can't handle force, he can't be responsible. Without force he cannot have responsibility in this universe. IF HE CANNOT USE FORCE HE CANNOT BE RESPONSIBLE. A person being pompous is merely advertising the fact that he doesn't have any force. A RESPONSIBLE INDIVIDUAL CAN HOLD HIS ENGRAM BANK OFF HIMSELF. HE CAN HANDLE FORCE. When a person can't handle his own body facsimiles he's really having a rough time.

A person can have as much and more personality as a Thetan than as a body because everything in the body is limited as to MEST. (matter, energy, space, time)

We are no longer trying to knock the reactive mind to pieces. But we do not want to validate it. We try to strengthen the analytical mind so it can handle the reactive mind.

The Analytical mind, all the BEINGNESS of a man, the personality, the GUY, is DETACHABLE.

John Farrel discovered that the Thetan off body could have all the various emotions. In this way a person can discover that their emotional bank is with THEM, NOT THE BODY.

To exteriorize a P.C. anybody can run SIX STEPS TO BETTER BEINGNESS.

SOP 8 - SOP 8L

This is what auditors are capable of using today. They AREN'T capable of using - running engrams, postulate processing, emotions, sympathy. Because they themselves tug and pull, before they are exteriorized in the Body vs. Body war, to such a point that their P.C. will come up just so far and then they start bashing him in - whether they know it or not. It takes a terrifically high toned auditor to run engrams. The next step up it took a tremendously high toned auditor to use SOP's 1, 2, 3, 5, and 7. Anybody can run SIX STEPS TO BETTER BEINGNESS.

If a Thetan takes attention off the body he will be able to be CAUSE and RESPONSIBILITY.

People fall away in direct ratio in the amount of responsibility they are ready to assume.

BOOK I - COMPLETE "NO RESPONSIBILITY." Mama, Papa, others did it. NOT YOU.
A.P.&A. II - SELF DETERMINISM AND FULL RESPONSIBILITY. COMPLETE SELF RESPONSIBILITY

Man understands "NO RESPONSIBILITY." "The cops, car, mom, pop are responsible. NOT ME!" When he turned to the opposite extreme, "BE RESPONSIBLE: SELF DETERMINED," many followers left quickly.

We went from one extreme to the other. You've got to be "self-determined" before you can be anything. People can recognize that for some things you are responsible and for some things you aren't.

When you do processing along that level it's quite workable. But it's better to forget about who is responsible for what - except the auditor. And he'd better know that his P.C. is as responsible as he can generate energy as a Thetan. THAT'S THE TEST!!!

When we have a person who is capable of taking responsibility we have a person who is capable of generating force. When a person is capable of generating force he is capable of being "cause." Those things go together. It is not necessary that a Thetan PUT OUT force - just be capable of it.

The way out of this universe is through it - THROUGH ALL of the DYNAMICS. From dynamic 8, up through dynamic 1. Be the first dynamic, completely and utterly Be everything there is to be about dynamic one as far as a BODY is concerned, as far as homo sapiens are concerned. Then everything there is to be about dynamic two, three, four, five, six, seven, and eight, each in turn.

The faster you run away from any dynamic, the quicker you collide. (Vectors reverse.)

When you don't HAVE to be it any more, you CAN be it. And so on up through the dynamics. This is the road to "OPERATING THETAN."

The only way to get rid of living is to live. IF YOU DON'T DO THINGS BECAUSE THEY ARE ABERRATIVE OR YOU'RE AFRAID OF THEM, YOU ARE RUNNING AWAY. Be afraid of something only when you have nothing with which to overcome it.

SIX STEPS TO BETTER BEINGNESS is an answer to any case, but especially A TOUGH CASE. If he doesn't do well on SOP 8 - steps one through 3 - then go right to SIX STEPS FOR BETTER BEINGNESS, unless he is psychotic. If psychotic, use step seven.

WE SIT HERE WITH TECHNIQUES THAT ARE SO EFFECTIVE WE DON'T HAVE TO BE AFRAID OF DOING ANYTHING IN LIFE BECAUSE WE CAN RUN THEM OUT.

P.C. WANTS TO LEARN ABOUT LIFE.

Run acceptance level processing instead of step 4. Makes SOP 8 - SOP 8L. "L" standing for "LIFE." P.C. will learn all about life from this. SOP 8, all by itself, just as in 16 G will produce results with that slight change of wasting in brackets. Step 4 in brackets. You can do a great deal with these techniques.

The only people fooling and monkeying around with these techniques and trying to understand desperately are people who need auditing BAD.

A person who figures, figures, figures, has to understand before he is, he has to think about it before he can BE, and so he never gets his chance to BE; he always thinks about it. These techniques break that cycle. There's too many good men stuck in "have to know before you go." Who have to see in their minds before they can look. The more they see in their minds, the less they look. There they go. IT'S A FORCE UNIVERSE. WE ARE FORCE-ADMIRATION BEINGS. This universe cannot admire anybody. But YOU can admire IT all the way. If many people admired the universe with admiration particles it would actually start falling apart.

TECHNIQUE FOR GUY WHO WON'T ACCEPT RESPONSIBILITY FOR HIMSELF OR ANYONE ELSE.

He's a man. All you have to do is solve his tremendous concern of being a man. TECHNIQUE:

Mockup vast numbers of men, women, parents below him looking up admiring him for having become or stolen a baby. (the assumption)

This is very workable when run on a STEP 5. But it verges on madness. So vary it with SIX STEPS TO BETTER BEINGNESS. This is a wonderful introvertive technique so extrovert it too with SIX STEPS TO BETTER BEINGNESS. Thousands and thousands of mothers and fathers looking up eventually will work up to admiration of him for stealing a baby. Maybe they will snarl, ridicule, etc. at first. That's O.K. Just keep people looking up at the P.C.

People looking down on the P.C.	"A"	People on "A" looking down to "B" on the P.C. is a blessing to the P.C.
Hero stands the P.C.	"B"	People on "C" looking up to "B" at the P.C. is adoration, admiration.
People looking up at the P.C.	"C"	For this process we are interested in people on "C" looking up to the P.C. on "B".

If a mockup is not perfect, (lacking a head, for example) get a lot of people below the mockup admiring imperfections of the mockup and the imperfections disappear. While running explosions you will run into "A, B, C." Mockup a lot of people below the engram admiring him for having it. It will go BAM!!! Where parents have felt they should have gratitude the technique of having taken or stolen a baby, and admiration for it, is especially useful.

RAPID RUNDOWN IN PROGRESS, IN RESEARCH, INVESTIGATION, AND UNDERSTANDING OF EXISTANC

1) Establishment of mechanism of Stimulus-Response in workable terms. This was studied in the field of hypnotism, and stimulus-response. Seeing how you could create stimulus-response situations and seeing the fact compared to life. That was a new front foot forward in the field of the investigation of the mind. Aberrative character of language. How synonyms and homonyms work and how they became identified. A lot of that is in BOOK I.

2) Character and composition of picture images. (mockups) - BOOK I

3) Time Track. Developed dynamics and that the basic principle of man is survival.

4) Self determinism and responsibility axioms. First workable organization of psychotherapy.

5) Early days of Theta clearing brought up responsibility level and they ended up out of the body. It happened because of dichotomies of responsibility in brackets on the concept level.

6) Research on evolutionary time track. Now don't worry about this. It is Parascientology. How we got Theta clear. Just pick up "History of Man" and go to work with your E-meter. It's fun.

7) Started LOOKING instead of accumulating data. Picked up speed. Found out what Thetans did and got Thetans to observe what they were doing and do what you did and work with it that way. How they got stuck and came out. Didn't have to know why, just how. Found out that was what they were doing and did something else. So man started "comming to pieces" and, for the first time, we could get rid of chronic somatics with ease.

8) Definitions of space, zero, static, mathmatics, time, etc.

9) Space processing Certainty. Certainty of three universes. Certainty low on the scale is an impact. High it is having as much or as little space as desirable with freedom to choose and use.

SOP 8 - 8L. The problem is the absence of quantity of energy. Don't hit line too hard. Don't try to rush P.C. That wastes time. Unwillingness to take responsibility is unwillingness to do anything with his body because he might hurt it.

If Your case DOESN'T RESPOND to STEP I through STEP 3 of SOP 8 - give him ADMIRATION FOR STEALING BABIES, SIX STEPS TO BETTER BEINGNESS, EXPLOSIONS, SIX STEPS TO BETTER BEINGNESS, EXPLOSIONS, SIX STEPS TO BETTER BEINGNESS, ADMIRATION FOR STEALING BABIES

LECTURE #10

USES AND FUTURE OF SCIENTOLOGY

Optimum use of Dianetics was an optimum resolution of problems of existence. This is A goal of Scientology. Dianetics stressed problems. People who favor problems rather than action will stay with Dianetics.

THE RETURN OF MOTION AND ACTION TO THE EXISTENCE OF SOCIETIES IS OUR GOAL. Cultures and societies should not be as dull as they are, where man is forced down into a super-control-mechanism, compressed to a point where he doesn't dare win. This is not a return to viciousness, unethical conduct, cruelty, etc. These are products of low tone. People in high tone find themselves in trouble mostly because they do not specialize in "how to hate." The individual who is hating is turning himself into a nice, solid piece of MEST.

ADMIRATION betokens in itself a kind of respect. It borders on liking. ADMIRING IS A BETTER WORD THAN LOVE. "LOVE" is often a compulsive passion which devours the very young; and they starve to death, blow their brains out, pine and sigh, and learn ridiculous dances, and this is "love." One who is in love often doesn't even see the person to whom they have attached themselves. They don't even see the person there. They're in "love." ADMIRATION BETOKENS RESPECT AND UNDERSTANDING OF EXISTANCE AND HIM OR HER. It is more pleasant and more endurable than this thing called love. Admiration is to admire existance. Defined interest. (Pleasant interest.) A PLEASANT EXCITEMENT IN LIFE ITSELF: - ITS MOTION AND ACTION To be able to respect and admire livingness in a thing rather than trapping it and caging it for posession.

A THING THAT IS "LOVED" MUST BE TRAPPED AND CAGED. A THING THAT IS ADMIRED IS THE THING YOU LIKE TO SEE FREE. Love and hate are very close. So close that they flip like a gamblers card. PASSIONATE DEVOTION WITHOUT OBSERVATION IS "LOVE." DEVOTION WITH OBSERVATION IS ADMIRATION.

There's nothing wrong with loyalty and honesty. They are fine. Most men say, "It doesn't pay. You get it in the neck." People are so hungry for love, admirati attention, space, etc. that they chew up and spit out the individual who is honest and helpful.

THE WHOLE ANSWER TO THE PROBLEM OF BEING DEVOURED IS TO BE TOO BIG A MOUTHFUL. Just be in the state of mind in which you are WILLING to BE any of the eight dynami at any time and to use force if necessary. Force is sitting from 20.0 on down. Get above force, you don't need force.

You get into flows the second you start running concepts of things, ridges, and energy in its raw masses. When you get into flows you become the effect of flows just as the person getting into too many engrams becomes the effect of engram An EFFECT is NOT CAUSE. It is that thing upon which CAUSE OPERATES. The glass which was moved is the effect. It responded perfectly and completely.

Be WILLING to be ANYTHING. This doesn't necessarily mean you HAVE to be anything. A person must be SOME effect to be here. WHEN A PERSON IS AFRAID TO BE AN EFFECT IS WHEN HE GETS INTO TROUBLE. So in using the material of Scientology we want to get one up to a consideration that one is WILLING to BE. There is A HIGH LEVEL OF TOLERANCE which can be mistaken at the bottom of the tone scale as "abject surrender."

When one wants to see life in a better, happier, and higher state he can admire and appreciate the struggles that are going forth and on computations of eight dynamics, try to resolve problems in terms of maximal survival for the maximal numb of dynamics. THAT IS AN OPTIMUM SOLUTION AND ALWAYS WILL BE. It consists of a lot of admiration and very little hate. Optimum solution is maximum survival on th maximum number of dynamics. WHEN YOU CAN LOVE ALL MEN WITHOUT COMPULSION YOU ARE

THERE.

Life has a tremendous strength and potentials. It is an enormously wonderful manifestation. It fights. When you look at life you realize that life has bred to itself discipline, punishment, and agony. It's randomity. But when it loses its sense of direction you're sure entitled to do something about it.

A Scientologist is getting wheels turning, getting the show on the road. Keeping the cultures from falling on their faces.

WHAT A SCIENTOLOGIST IS:

1) HE BRINGS LIGHT AND HUMANITY TO MAN AND HIS SCIENCES. Man neglected to bring humanity in when he brought in science. There's nothing wrong with math, physics, chemistry, and electronics, or anything else, until the slap-happy guy who doesn't even know he has a next door neighbor decides that the machine is far more important than man.

2) HE IS A TROUBLE SHOOTER. People get into trouble, they can't get out of it. Suddenly the gates drop across the time track. A baby is born and the wife decides to kill the child. Scientologist can help. The criminal is one because he's not allowed adventure. SOCIETY HAS NO RIGHT TO KEEP MAN IN CAGES. A Scientologist can very definately do something about that. He is for the individual, child, family, and/or groups.

3) HE RECTIFIES AND REMEDIES CONDITIONS OF DESIRABLE LIFE FORMS. He rectifies and remedies conditions favorable to undesirable life forms.

4) HE IS A COUNSELOR FOR PROBLEMS OF CULTURE. Culture consists of productivity, art forms. Survival in the raw deals with art forms.

5) HE IS A LEADER IN MAN'S CONQUEST OF THE ENVIRONMENT. A counselor for conduct and planning of political men, a teacher of doctrine, useful in tasks of survival. A social catalyst dedicated to raising the level of man and bringing him to recognize his brotherhood with the universe.

There are two parasitic groups in the world today which are at war with each other and are causing more commotion. No one knows what's happening.
1) Communism! A military aristocracy which depends upon the worker.
2) Capitalism! A money aristocracy which depends upon the worker.
The manager, worker, and people who service the managers and workers are the service group. It works fine until the Military says, "We can shoot." and the money says "We can buy everything, including you."
Somebody once said, "The world is carried on the backs of a few desperate men." This is very probably true. If you find any desperate men, just give them a little more back! (Shove them up the tone scale.)

6) Individuals are capable of creating their own universes. This is out of our ken when dealing with this universe alone. YOU AND YOUR P.C. WILL COME UP TONE SCALE IN MOTION TO THE POINT WHERE LIFE WILL BECOME SO INTERESTING THAT YOU WON'T BE ABLE TO STAY OUT OF ACTION AND MOTION.

7) When you decide life is too good to be left alone - and are stabilized there - away you go. Many forget about this and only go into complete motion. It is easier to process many together rather than one alone. GROUPS ARE EXCELLENT. No one should spend his lifetime auditing. LIFE AT LARGE IS WAITING FOR YOU WITH OPEN ARMS.

8) BE PITCHING AN OPTIMUM SOLUTION. This isn't only working with the sick and unable. Society is run by capable people. Tremendous numbers of things can be

done for capable people.

9) What to do: Simply stop somebody in the lobby or on the street. Say, "Come to my office (or home) tomorrow. I'm going to give you some Scientology processing DO IT!!! Their motion is practically stopped. THEY COME!!!

10) WHO WILL THANK YOU? YOU WILL. AND YOU ARE THE ONLY ONE WHO CAN REALLY GIVE ADMIRATION TO YOU. REST is unable to give admiration and most men are too dried out and won't. Women specialize in pulling anchor points in rather than pushing them out. This is because of the nature and construction of the body. You are your own pay master and always will be.

11) It's O.K. to mockup yourself being things. Even admired. IF you DON'T FEEL YOU HAVE TO HAVE IT. You can look at an entire universe; but you look at one not of speculation, but of action. You don't have to think twice of or give notice to people who are THINKING about it. People who are THINKING about it are NOT DANGEROUS! DON'T THINK ABOUT SCIENTOLOGY AND ITS USES. JUST USE IT. ACTION IS MOTION. ANY ACTION IS BETTER THAN NO ACTION!

12) THE ONE THING ART ISN'T - IS RESTRAINT. IT IS DIRECTED MOTION, BUT NOT RESTRAINT. Yet it is taught with restraint.

Optimum use of what we know is best taught by example as well as by basic material. ACT!!! Give rudimental integrated data plus techniques which, having moved him into thinking, will move him out again.

THE DIFFERENCE BETWEEN THE YOUNG MAN AND THE OLD MAN IS THAT THE OLD MAN KNOWS HE CAN BE HURT, WHILE THE YOUNG MAN DOESN'T CARE.

The woman with CHARM and ANIMATION, with ABILITY to REACH OUT, BE, and ADMIRE, will be FAR MORE POPULAR than the BEAUTIFUL woman. CERTAINTY, with POISE, DIGNITY, ABILITY TO LAUGH (when appropriate), will allow you to move FREELY. ANIMATION ARRIVES AT THE FINISH LINE WHILE BEAUTY IS THINKING ABOUT IT. Walk through life. It goes apart like grass. Nothing can interrupt your line of motion.

Life today has no resistance, no vitality, and is on the wane. No OPPOSITION: Hubbard is not attacked because LIFE is TOO LOW ON THE TONE SCALE. The pioneering of life is at an end. The only people that have ever fought Mr Hubbard are those he has brought up tone scale enough so they could fight.

Mr. L. Ron Hubbard is going to open a clinic to train auditors way, way up. SUPERTRAIN already trained auditors. No paying P.Cs. He hopes to process children in the main, and many of them. Some day to have a children's hospital where children can get well and get oriented. A recreation center, really.

A better dissemination of material and better auditors is the goal of Hubbard. May possibly mean fewer auditors. There's no longer any reason for an auditor to be incapable of processing people properly. Group process auditors that have gone down the tone scale. There is no such thing as a scarcity of P.Cs. EVERYONE is a P.C. The answer is Six Steps to Better Beingness. The answer to any of a person's problems is to LOOK, NOT THINK!

ACCEPTANCE LEVEL PROCESSING:

Start at the top of the tone scale and go down. "Can you accept a nice, bright, cheerful mama?" (no.) "A dull mama?" (No) "A cross mama?" (Wellllll) "A mean, vicious mama?" (Yesssssss) "A mean, vicious, diseased mama?" (Yeah!!!)

That's acceptance level processing. If that is the acceptance level of that P.C., HE WILL ACTUALLY TRY TO MAKE HIS MOTHER INTO THAT KIND OF PERSON: - AS she lives. Not just in mockups. He'll really WORK to make her that person. So he

can accept her, of course. THIS IS THE WHOLE PROBLEM OF INTERPERSONAL RELATIONS!!

But if you have a question about something, LOOK! For you have all the periscopes and binoculars you need in these processes. There'll be other processes other developments, other news, reports, tremendous qualification of data necessary in terms of "what sickness are we really knocking off? How long can a man live? How old a P.C. can you process? And all sorts of things. The whole horizon is open. So there's lots of material to be known."

(Question from the audience)

"What's the record on age, L. Ron? L. Ron: "I don't know. I processed a fellow 96 once with success. I immagine somebody's done better than that."

THE BEST WAY TO HAVE AN ORGANIZATION IS TO HAVE A SUBJECT. If you have a question about something, anything; - LOOK!!! DON'T THINK!!!

QUESTION AND ANSWER PERIOD

Do an E-meter assesment on the case on create and destroy. Check the usual relatives: Mother, Father, brothers, sisters, etc. This will save much time, energy, and effort. Use the Expanded GITA list in Journal 16-G. It is all laid out in the Journal: Go down the list: All the way to destroying Christ and God. (This is a way of wasting admiration on spirits.) Waste ghosts. You can go up the dynamics on wasting. Reading the Bible frantically is wasting admiration on seventh and eighth dynamics. This isn't theraputic because it is in the MEST universe. If creating or destroying Christ or God hits the pin on the E-meter, go easy with your P.C.

IN EXPANDED GITA - Add "SAVE" between "WASTE" and "ACCEPT". Run the entire thing in brackets.

A MAN'S SECURITY IN THE FUTURE DEPENDS ON HIS ABILITY AND WILLINGNESS TO USE EFFORTS IN THE FUTURE. "Can't work" is the basis of neurosis and psychosis. Unwillingness to put out effort - to put out and receive anchor points is the only evil.

"Get a large area of nothing. Now get the idea you're fighting it." This will give a P.C. a funny feeling. This is all word arguments are.

OCCLUDED CASE TECHNIQUE:

Get all blackness out there as a something and then get all blackness turned around as nothing. Repeat this, then get blackness as a question: "Is it something?" Then turn it around as the answer. "It's nothing!"

CYCLE OF ACTION OF PROCESSING:

"Get the idea of an engram, then nothing. Get the feeling of present time, then nothing. Engram erased, then nothing. Running an engram, then nothing. Feeling of being down time track, being in present time. Get the idea of being aberrated, now of being clear."

This will run out past auditing by completing cycles of action.

"QUESTION AND ANSWER" shouldn't be followed by "SELF ANALYSIS." These and Opposite Pole are introversive techniques. - Subjective techniques. These should be followed by extroversive techniques. "TEN MINUTES OF NOTHING" will gradually extrovert the P.C. as he gradually moves out.

USE A SUBJECTIVE TECHNIQUE AND THEN AN OBJECTIVE TECHNIQUE ALTERNATELY.

On "Q. AND A." have the P.C. extend anchor points after collapsing them. Question and Answer on his body and then a body out there that he puts his body on forward and then backwards.

When using "Q. & A." with a group leave out husbands and wives because this would take too long to work with a group. Wearing heads is a lighter technique, and can be used a little more easily with a group. Same with Opposite pole: Throw in past people and leave out present time people.

Mirrors automatically double terminal a person. "Get the idea of a spot out in front of you looking back at you. Now get the idea, 'How I'd like to be that view point.'"

When there is a serious auditing failure it will be due to: Auditing too many hours between one and four A.M., or your P.C. has not eaten sufficiently for the proceeding week, or he was deficient in Calcium lactate and Vitamin B1.

The P.C. needs sufficient food, sleep, and vitamins to progress. Always ask your P.C., "Have you been to a doctor recently? Are you on any drugs?" Do this before you audit him.

Halucinations from sulfa or alcohol will clear up if the person is given Vitamin B1. Give an alcoholic Vitamin B1 before you audit him. Ten grains of

Calcium Lactate, fifty to one hundred miligrams of Vitamin B1, is a reasonable supplement to a P.Cs. diet.

Be sure to have P.Cs. in group processing take Vitamin B1: Their not being able to sleep, having Night mares, will result if there is a deficiency.

For a Post-partum psychosis: Let mother have quiet, no baby for awhile, Vitamin B1, then run out the delivery, her own birth if available, step 7, 6, etc.

To bring a family back into Scientology after they were invalidated in its early days: Pick a friend of theirs, explain the problem, bring the friend up the tone scale by auditing. Make a common communication point of yours and theirs. The friend will reestablish communication.

An overt line of action that results in knocks and bruises is apparently desirable to a certain extent.

To STRAIGHTEN OUT A P.Cs. GOALS: Have him mockup horrible futures in brackets. On gradient scales, make them better and better and better until he has a beautiful future. HIS GOALS WILL SHOW UP.

Use special mockups for a child, but not continuious stories. Touching child and withdrawing will develop his confidences as described before. A child runs beautifully on SOP 8. But remember a child's attention span. It is very brief: Only about two minutes. In schools allow five minutes to quiet them, give ten minutes of "SELF ANALYSIS." End with five minutes of the next to the last list of "SELF ANALYSIS." (third grade children.)

A baby will give you much attention, but only for very brief spans. A parents act of getting a child to sit down to talk will frequently exhaust the child's attention span.

Withdraw slightly, make them reach for you, etc. Technique to use with cerebral palsey, etc. Covered under "OLD MAN'S CASE BOOK." in the Journal. Use this on any case that is out of communication.

A TERMINAL is an end of a communication line.

An ANCHOR POINT is something which encloses any extremity of an individual space

A VIEWPOINT is a geographical location in space from which to view.

A mass is made out of DIMENSION POINTS.

For ACCEPTANCE LEVEL PROCESSING: Feed the P.C. the most loathsome things you can think of until the P.C. starts to smile and accepts the mockups.

A gradient scale on beer might be: Beer. Warm beer. Warm beer with glass in it. Warm beer with strichnine in it. Warm beer with a few unmentionables in it.

Alcohol. Bad alcohol. Denatured alcohol. Canned hot alcohol. Alcohol with some unmentionable quantities in it. Give him completely poisoned alcohol, (in mockup!) and he will accept it.

Optimum for a Thetan is to be able to do what he wants to do with energy, to have no set location or size, etc.

Yvonne Gillham